

# 7 Steps To Self-Forgiveness

1. Write down everything you haven't forgiven yourself for.

*"Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:" Philipians 1:6*

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2. Identify and list your limiting beliefs or negative emotions unforgiveness has created within you.

*"And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.10 For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened." Luke 11:9-10*

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3. Determine why you took the action you took which requires you to forgive yourself.

*"If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him." James 1:5*

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4. Write down all of your old limiting beliefs and write beside each one - "I no longer believe those lies. I'm worthy of self-forgiveness."

*"The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly." John 10:10*

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5. Write a letter to yourself stating why you're worthy of forgiving yourself, and why you're letting go of the pain of unforgiveness.

***"And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left." Isaiah 30:21***

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6. Write a letter of gratitude to yourself. This letter should state the meaning you bring to your life and others. This isn't the time to be modest. Don't allow shame and guilt to block your value and meaningful qualities.

***"Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you." 1 Thessalonians 5: 16-18***

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7. Take back your power, and for 14 days write down every emotion you're feeling as a result of you forgiving yourself. You are strong, and you will no longer punish yourself for your past.

***"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." 2 Timothy 1:7***

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