

Title:

Forgiveness: A Path to Healing

Word Count:

670

Summary:

This article discusses the role of forgiveness in the journey toward healing. Shame, guilt, a

Keywords:

forgiveness, guilt, shame, resentment, repressed emotions

Article Body:

In our journey to inner peace and healing, both guilt and forgiveness of self and others have

The belief that feeling emotion means we are weak is a dreadful legacy to burden people with.

Why won't we forgive? I believe it starts from our unwillingness to forgive ourselves. We be

This sense of shame differs from guilt in that guilt is about behaviour. Shame is deeper and

What Is Self-forgiveness?

Self-forgiveness is the willingness to believe that you are worthy, that there are no mistakes

Practical Steps to Self-forgiveness

1. Examine how you perceived a certain situation and how you can chose to change your percept
2. Accept yourself and your humanness - you are not supposed to be perfect.
3. Admit when you make a mistake.
4. Remember that everybody is doing the best they can with what they know, and that includes
5. Let go of past-future thinking, stay in the 'Now.'
6. Confront your emotional pain - own your own 'stuff.'
7. Appreciate the lessons that have contributed to your growth and made you who you are now.
8. Say 'I forgive myself for \_\_\_\_\_ (whatever).'

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