

Radical Self Forgiveness Process

Please, write down 1 thing you have to forgive yourself for. Then state a reason: why do you want let go of your guilt about this. Then make a commitment to let go of your guilt by writing, YES. Then begin the self forgiveness process.

1 What do you feel guilty about?

2 Why you want to let go of your guilt about this?

3 Are you 100% committed to let go of this guilt?

Now write a story about your guilt, when it started, what you do to yourself to manifest that guilt, all the facts and details about your situation. Write this guilt story on the piece of paper, like a letter to your Inner Critic (somebody in your head you talk to when you justify or explain yourself).

Now rewrite this story, so it will empower you instead of weigh you down. Begin with the facts, then tell how you feel about this guilt. Then write how this guilt affects you right now. Then write about you firm decision to let go of this guilt and why. Then tell the Inner Critic to back off (you can use explicit language to describe what you think about him/her). Then state how you feel being liberated from the burden of your guilt.

Then I want you to burn/permanently destroy the first letter.

Then take a long cleansing shower or perform another energy cleansing ritual you know.

Congratulations, you are free to go!