

Self-Forgiveness Worksheet

Step 1: The Basics

I want to forgive myself for:

I have been judging myself and telling myself:

Step 2: Acknowledging Emotions

When I think about myself, I feel (circle applicable words):

Angry, disappointed, ashamed, weak, sad, depressed, fearful, apathetic, hostile, jealous, isolated, inferior, small, unimportant, forgotten, irritated, sarcastic, frustrated

I also feel:

I would rate my self-esteem on a scale of 1-10 (1 being lowest, 10 being highest): _____

Do you recognize your own feelings without judgement? Yes / Maybe / No / Unsure

Step 3: Interpretation

What interpretations might have you made about the situation, that may or may not be real and imagined?

What negative beliefs have I made up or have been driving my actions?

- I am not good enough
- I am always left out
- People always abandon me
- It's not safe to speak my true feelings
- I will never get what I want no matter how hard I try
- I am alone
- I can't be loved
- Other:

Rate your guilt level from 1-10 (10 being the highest): _____

