

Essential Self-Forgiveness

Letting Go of Guilt

THE SITUATION

1. A situation around which I feel some sort of guilt is...

2. The name of the person/entity involved in this situation is _____

3. I blame myself for _____

THE GUILT FEELINGS

4. Other words that describe the kind of guilt I feel are... Ashamed
 Embarrassed Regret Sorrow Remorse Sinful At fault
 Worthless Failure Humiliated Inferior Useless Other _____

5. On a scale of 0 to 10, the intensity of this guilt is about a _____

6. The physical sensations that I feel when I feel this guilt are...

7. I would describe my physical posture when I feel this guilt as...

8. I would describe my facial expression as _____

THE THOUGHTS ANDS BEHAVIORS

9. I'm telling myself things like _____

10. I'm imagining things like _____

11. The way I'm acting is _____

BELIEFS, EXPECTATIONS AND PERCEPTIONS

12. The values and beliefs I feel I've violated are _____

13. What I would not want anyone to know is...

14. How I view myself is _____

15. What I think I should have done is _____

TAKING RESPONSIBILITY

16. Could I *welcome* this guilt? _____

17. Could I *take responsibility* for this guilt? _____

CONNECTING THE PAST WITH THE PRESENT

18. Previous time(s) and place(s) where I felt a similar guilt was when...

The time when _____

The time when _____

19. What I made these situations mean about me was _____

20. The core beliefs that I developed about myself and my life were _____

THE IMPACT OF THESE EMOTIONS

21. What this guilt is doing *to* me is _____

22. What this guilt is *costing* me is _____

23. The *payoff* that I get in keeping this guilt is _____

24. The possible difference it could make to me and my life if I could be free of this guilt is _____

UNDOING THE GUILT

25. Is this feeling of guilt a *part* of me or the *whole* of me? _____
26. How long do I believe I need to feel guilty? _____
27. Is it *possible* for me to let this guilt go? _____
28. My biggest fear or resistance to letting this guilt go is _____

29. Does any other time but *now* exist? _____
30. Am I *willing* to let this guilt go? _____
31. When? _____
32. Are these feelings present *in this moment as I write*? _____
33. The intensity of these feelings on a scale of 0 to 10 are about a _____

NEW POSSIBILITIES

34. If I had the power to *create* any other feeling in place of this guilt, I would like to feel _____
35. *Could* I let that feeling in? _____
36. *Would* I let that feeling in? _____
37. When? _____
38. Am I *present* in *this moment* at all to that new feeling? _____
39. If this new feeling made a statement or had a voice in me this new feeling might say...

40. The way I could view this situation differently is...

41. A loving action I might take could be _____

42. *Could* I love and accept myself as I am? _____
43. What I could be grateful for is _____

44. A loving note to myself: _____

