

REACH Self-Forgiveness steps

Recall a disappointed experience when you failed at something. What happened?
What did you feel & think?

Empathise – defend your action (without thinking it was the right thing to do)

Altruism, make the unselfish gift of forgiving yourself knowing that you can learn from the experience and do better in the future.

Commit to forgiving by writing a letter to yourself as if writing to a friend.

Explain what you did, but that you forgive, have learned and will do better in the future.

If you need to apologise to somebody or make good for what you destroyed or messed up, do so- but often it can be ourselves who feel humiliated rather than somebody else suffering for what we did. Forgiving yourself makes it easier to apologise and move on.

Help yourself to learn and move on by writing the forgiveness letter to yourself.

Hold on to self-forgiveness. Whenever this humiliating situation comes to mind, remind yourself that you have forgiven and learned.