

HANDOUT 11.9: SELF-FORGIVENESS AND MULTIPLE SELVES

ANGRY SELF (transgression)	ANXIOUS SELF (danger)
Motives:	Motives:
Thoughts:	Thoughts:
Body:	Body:
Actions:	Actions:
Memories:	Memories:
Settle:	Settle:

SAD SELF (loss)

Motives:

Thoughts:

Body:

Actions:

Memories:

Settle:

COMPASSIONATE SELF

Motives:

Thoughts:

Body:

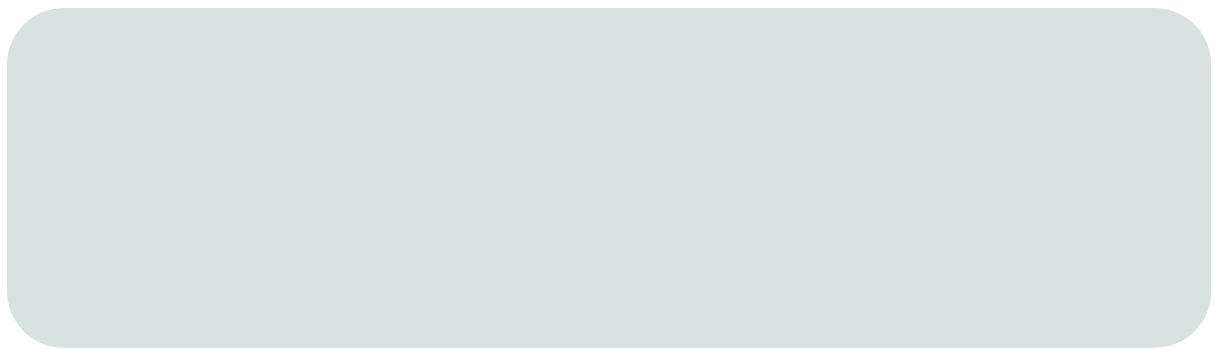
Actions:

Memories:

Growth:

Focus on something that you are having a hard time forgiving yourself for. Go back to the situation (what you did or did not do, both in terms of actions and thoughts and emotions). Try to reflect on what each one of your selves might have been feeling, thinking, sensing in that situation and that might have brought you to act in a way that you do not forgive yourself for at the present moment.

What words of wisdom would your compassionate self offer, encouraging you to open to self-forgiveness? What fears would you have in forgiving yourself?



How do you imagine self-forgiveness would feel in the body? How do you imagine yourself if you were free from this anger and resentment towards yourself? What would you do differently? What would you do that you are not allowing yourself to do now?

