Self-Forgiveness Practice

I forgive myself for every time I went against my inner knowing

I forgive myself for every time I said "yes" to something when I actually meant "no"

I forgive myself for ever believing that I don't deserve to have what I need

I forgive myself for any ways I've made myself smaller than I am

I forgive myself for believing that I don't deserve love

I forgive myself for anytime I believed that I don't matter

I forgive myself for any time I felt manipulated

I forgive myself for any time I believed that who I am is not enough

I forgive myself for any time I didn't follow my instincts

I forgive myself for any time I numbed, ignored or dissociated from painful experiences instead of dealing with them head-on

I forgive myself for not always having access to knowing what's best for me

I forgive myself for not always asking for what I need

I forgive myself for any pain I've caused myself by hanging on to resentments against myself or others

I forgive myself for being so hard on myself

I forgive myself for thinking that beating myself up was the best way to motivate myself

I forgive myself for forgetting that I am an aspect of the divine having a human experience

I forgive myself for any times I've perceived myself as "making the wrong choice"

I forgive myself for any time I didn't trust myself

I clear any and all resentment, conscious and unconscious, that I have harbored against myself.

I call all of my power back from all of these misunderstandings.

I choose to use all of my power in alignment with my highest good.

I trust that I am always doing my best.

I trust that my choices and experiences, "positive" and "negative," all guide me home to myself.

I love myself.