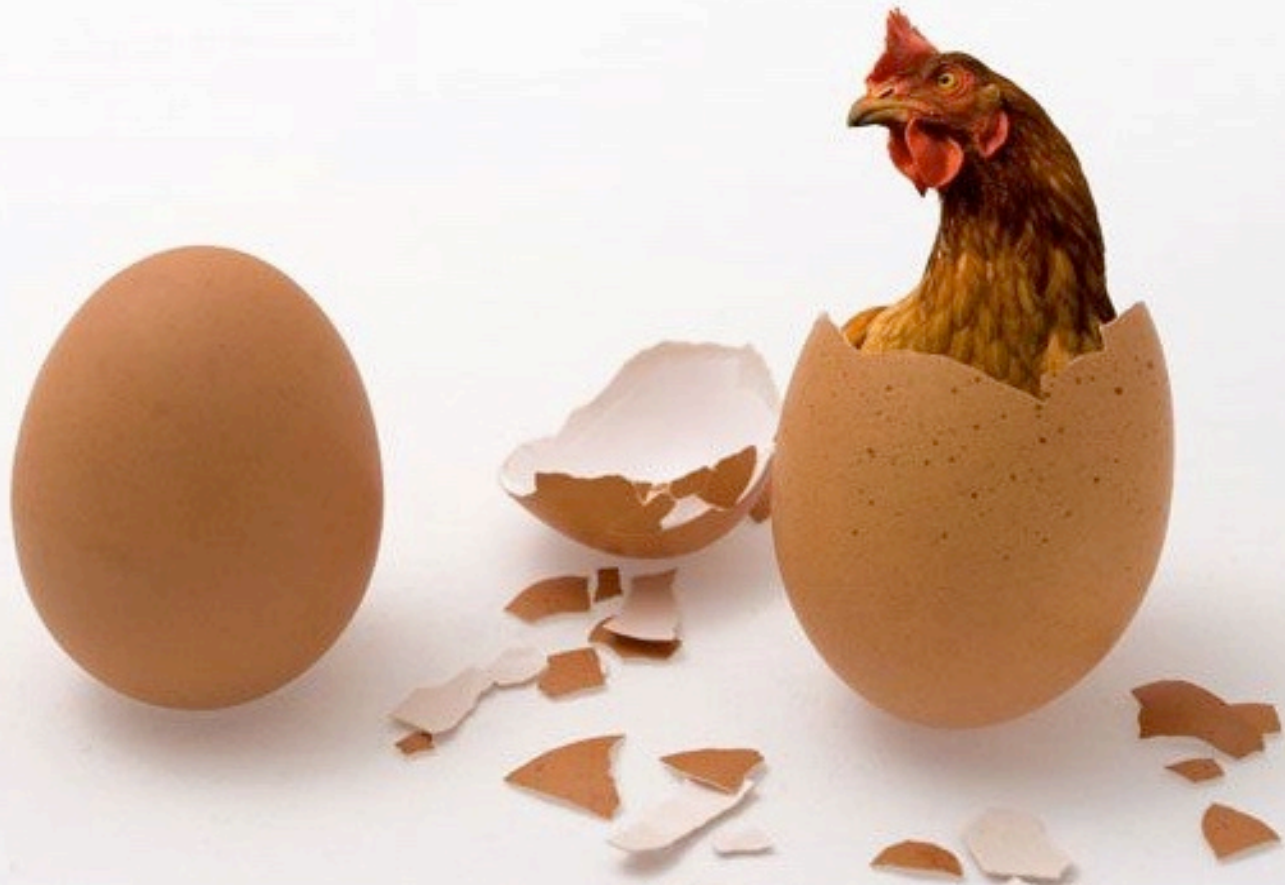


# Self-Forgiveness

# Forgiveness and Self-Forgiveness: The Proverbial Chicken and the Egg Question





# Ask Yourself:

- Is there something for which I need to forgive another?
- Is there something for which I wish to be forgiven?
- Is there something for which I need to forgive myself?

“Forgiveness is,  
quite simply,  
the decision  
not to suffer.”

Gerald Jampolsky, MD  
*Love is Letting Go of Fear*  
p. xvii

# The Welcoming Prayer

***Focus, feel, and sink into***

the feelings, emotions, thoughts, sensations,  
and commentaries in your body.

•

Label or identify the feeling, emotion, thought,  
sensation or commentary.

Where do you feel it? Head, heart, throat, neck, stomach?

•

***Welcome*** the Divine in the feelings,  
emotions, thoughts, commentaries,  
or sensations in your body by saying  
**“Welcome.”**

# The Welcoming Prayer

*Let go* by repeating the following sentences:

“I let go of the desire for  
security, affection, control.”

“I let go of the desire to change  
this feeling/sensation.”

Open to the love and presence of God  
and God’s action within.

# **Eight Pillars of Joy**

## **The Mind:**

- Perspective (Steps 1, 2 and 3)
- Humility (Steps 4-10)
- Humor (Music of AA)
- Acceptance (last one of the mind; Steps 11 and 12)

From *The Book of Joy*

“Acceptance of reality  
is the only place  
from which  
change can begin.”

p. 224

# **Eight Pillars of Joy**

## **The Heart:**

- **Forgiveness (1<sup>st</sup> of the heart)**
- **Gratitude**
- **Compassion**
- **Generosity**

From *The Book of Joy*

# Ubuntu

A person  
is a person  
through other persons



Forgiveness has allowed me  
to go from  
self-seeking to  
self-searching.  
One drop at a time.

“We achieve  
inner health  
only through forgiveness—  
the forgiveness  
not only of others  
but also of ourselves.”

Joshua Loth Liebman