

## Self-Forgiveness Sheet

Read the following aloud after filling in the blanks.

- I forgive myself for the mistake that I made, which was:
  
  
  
  
  
  
  
  
  
  
- **I am doing the best that I can, AND I need to do better.**
  
- Next time I will try to do this so that I don't make the same mistake again:
  
  
  
  
  
  
  
  
  
  
- This is what I can do now to repair any harm or damage I have caused to myself or others (or relationships):