

SELF-FORGIVENESS PROMPTS



1

What am I still holding against myself?

2

What exactly do I wish I had done differently?



3

What did I know then, and what do I know now?



4

What part of this situation was actually within my control?



5

What responsibility belongs to me, and what responsibility doesn't?

6

What have I learned from this experience?



7

If I could speak to the version of myself who made that mistake, what would I want them to understand?

8

What would making peace with this part of my past look like?



9

Am I seeking accountability, or am I repeatedly punishing myself?



10

What is one way I can honor what I learned without continuing to hurt myself over it?

