



Art by Jasionowski

“ When we identify the negative stories that we have created about ourselves and **rewrite it to include our positive attributes** and disconnect from our limiting beliefs and emotions, **we will find that self-forgiveness is possible.**”

Jimmy, 2023

Practice

Find a string and tie a knot in it. Pull it tighter. Examine the knot. Ask yourself: what keeps me bound? What prevents me from being the freest and fullest version of myself? As you work to untie the knot, imagine you are working shame out of your mind, body and heart. Shame is a story you tell about yourself; it is not you. What new stories could you tell when you free yourself from this burden?

Questions

Is it harder to forgive yourself or forgive others? Why?

What is something you have forgiven yourself for?

What changed when you did?

What is something you need to forgive yourself for?

What would change if you did?