

# RADICAL SELF FORGIVENESS

For what I am blaming myself for?

List the things that I feel about myself?

_____	_____
_____	_____
_____	_____
_____	_____

On a scale of 1 to 10 (1 for really low to 10 for extremely high), how would you rate yourself

I recognize that I do make mistakes but I will not judge myself for it

Willing	Will think	Not so sure	Unwilling
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I own how I feel, and I felt according to what I felt about the situation

Willing	Will think	Not so sure	Unwilling
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List the things you really feel guilty about

_____	_____
_____	_____
_____	_____

What are the other ways I can justify my feelings in a positive ways

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