

Self-forgiveness video

Topic	Self-forgiveness
Imager	Hand on heart

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Invitation: 82 words

Maybe you messed up. You tried and it didn't happen the way you hoped. Perhaps you didn't even make it out of the gate. Disappointment is a natural part of life that happens to everyone. But when it happens to you, it can trigger self-punishing thoughts and feelings of shame and embarrassment.

In times like this, you need to be your own best friend—reminding yourself of the common human experience of disappointment and extending forgiveness to the hurt parts of you.

Start the practice: 54 words

Sit comfortably with a supported posture. Close your eyes and breathe naturally, allowing the breath to slowly move into your body ... and back out again. Notice where your body touches a surface: your legs on your seat, your feet on the floor. Know that you are supported and safe.

Breathe in, breathe out.

Apply: 102 words

With your next inhale, bring to mind the disappointment you've experienced. Try not to get carried away by thoughts; just notice what's happening in your body, what emotions show up. Try silently naming the sensations as they appear: *heat in my face, heartbeat fast, embarrassed, angry. It hurts.*

Breathing in, simply acknowledge the feelings and sensations. Breathing out, allow them to just be. Breathe in, breathe out.

As you continue to breathe, notice any shifts in those sensations. Can you sense something deeper, a spaciousness *beneath* the thoughts and feelings? Breathe into this deeper space. Breathing out, let go. Do this again.

Treat: 67 words

On your next in-breath, imagine extending compassion toward yourself, as you would for a friend or loved one. See an assuring hand rest on your shoulder, feel a warm embrace. *It's OK.*

Breathe in, breathe out.

With your awareness, gently touch any hurt or raw places inside. Feel the warmth of this gentle awareness wash over you—your body, your mind.

Breathe in compassion. Breathe out forgiveness.

End: 43 words

As you continue to breathe, notice if any space in your mind or body that feels more open. Breathe into that space, letting it expand. Continue to rest in this place, breathing, healing, forgiving yourself, until you feel ready to open your eyes.