



How to Forgive Yourself: Questions for Past Mistakes

How to use these questions

Take one question at a time, and stop when you have had enough. Write for five minutes, then close the page and do something ordinary. It is fine to stay with the first group for days before moving on. If a question brings up something heavy, put it down and come back later, or talk it through with someone you trust.

Naming what happened

- 1 What happened, in three plain sentences, without any adjectives?

- 2 What did you know at the time, and what did you only learn later?

- 3 Which moment of it do you replay most often?

- 4 Who was affected, and how do you actually know?

- 5 What do you believe this mistake says about you?

- 6 Which word do you call yourself when you think about it?

Your part, and what was not your part

- 7 What part of this was truly your responsibility?

- 8 What part belonged to circumstances, timing or other people?

- 9 What were you trying to protect or get when you made that choice?



10 What were you short on back then: sleep, money, support, information?

11 If a stranger told you this exact story, where would you draw the line of blame?

12 What have you already paid for this, in guilt, distance or lost time?

Making amends where you can

13 Is there anything left to repair, or is it already out of your hands?

14 What would an honest apology include, if one is still possible?

15 If you cannot reach the person, what could you do instead that respects what happened?

16 What would "making it right" look like as one small action this month?

17 What are you waiting for before you let yourself feel better?

18 Who has forgiven you for something before, and how did they show it?

What you learned

19 What do you do differently now because of this?

20 What would you warn your younger self about, in one sentence?

21 Which of your values did this mistake make clearer?

22 In what ways are you different from the person who did it?

23 What would you want someone in the same situation to know?

Letting it rest

24 What would change in an ordinary day if you stopped punishing yourself for this?

25 What does holding on to the guilt give you, in an odd way?

26 What would it take to remember this without the sting?

27 Write one sentence of forgiveness to yourself. Which word is hardest to write?

28 Where would you like to put the energy you have spent on this?

29 When this comes back to mind, what will you tell yourself?
