# When I forgive myself, I release myself from guilt.

I embrace the fact that I am human and prone to making mistakes in judgment. I acknowledge that of all the situations life throws in front of me, there may be some where I temporarily lose the ability to behave in a positive manner.

When I commit a wrongdoing, I do what I can to correct the transgression, and then readily forgive myself and move on without feeling guilty.

***The important thing is being conscious of my mistakes and doing what is necessary to make things right.***

When someone says unkind things to me, my natural instinct is to respond in a like manner. If I find myself giving in to the negativity, though, I immediately catch myself and change my tune.

I keep my mind focused on peaceful resolution and forgive myself for steering away from that focus.

***When I forgive myself, I am able to concentrate on getting back on track.***

Today, I can avoid feeling guilty for my wrongdoings in the past. I am firm in my belief that bygones should remain in the past once I have acknowledged responsibility for the part I played. Moving on to a better life is my ultimate mission.

### Self-Reflection Questions:

1. Are there times when I forgive myself but still seem unable to let go of the guilt?
2. Do I release others from guilt when they commit a transgression against me?
3. Do I maintain positive relationships, free from guilt?