

**How to Find and Recognize Your True Love.
Lesson 5. Additional Resources.**

I forgive myself for my relationship mistakes.

I let go of my errors with past relationships. I have learned what I can from my missteps and refuse to allow regrets to take up space in my mind or spirit.

I accept my mistakes without guilt or embarrassment.

I understand the universe presents a variety of experiences to strengthen the spirit, and mistakes are a natural part of the learning curve.

My past relationship errors help me identify my current values. They clarify what I am looking for in a relationship and how I can better meet my partner's needs. I now understand how my actions and words can affect others and am conscientious about my communications.

I am able to heal emotionally after my relationship mistakes. I am also able to help others heal by being an example for them.

My perception of past relationships is clear and I am able to embrace new relationships with ease. I look upon my mistakes of the past as blessings in disguise and know how to nurture positive elements in my relationships going forward.

Today, I leave the past in the past and look forward to a bright future with positive, fulfilling relationships.

Self-Reflection Questions:

1. How can I stop my mind from focusing on my past relationships?
2. How can I learn from my relationship errors and move forward to new, positive relationships?
3. What can I do to help my friends to move past their relationship mistakes?