

Life Mastery Skills

Self Esteem Exercise

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DISCLAIMER: Should you have any reason to believe that you are not in a mental or emotional condition to begin the exercises provided on this website, you should seek the advice of a mental health professional to assist you in this decision.

Additionally, should you choose to begin any of the exercises provided on this website, you may find that some of the exercises may cause unpleasant or uncomfortable feelings. If you feel confused or overwhelmed by your reactions to this material, it is recommended that you find a mental health professional to assist you in your journey towards self awareness.

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WHEN I FORGIVE MYSELF FOR MY MISTAKES, IT IS EASY FOR ME TO FORGIVE OTHERS FOR THEIRS

Phyllis was frightened of commitment. She told me she feared she was going to be unfaithful to her marriage vows. She was very disappointed in herself for marrying her husband "in a weak moment" because she didn't believe she would ever keep the commitment. I led her through a visualization in which she experienced that, to her, commitment meant imprisonment.

During this visualization she was consumed by the fear of being close to a man. She saw herself open and loving with her Dad when she was 5 years old and he became violent and beat her. She realized that as an abused child she often experienced pain when she expected love. She saw her fear of commitment was the reaction of her battered inner emotional child. This child needed her compassion and love, not her condemnation and anger.

Exercise: Think of something someone has done to you which you find very difficult to forgive. Now think back to a time when you did something to someone they found very difficult to forgive. For one week complete this exercise three times a day by filling in the blanks on the following sentences:

"I forgive (fill name of person) for (fill in the blank). I now understand she/he was motivated by fear and deserves forgiveness."

"I forgive myself for (fill in the blank). I now understand I was motivated by fear and I deserve forgiveness."

Example: I forgive myself for **being mean to you**. I now understand I was motivated by fear and I deserve forgiveness.

1) I forgive _____ for: _____

I now understand that she/he was motivated by fear and deserves forgiveness.

2) I forgive _____ for: _____

I now understand that she/he was motivated by fear and deserves forgiveness.

3) I forgive _____ for: _____

I now understand that she/he was motivated by fear and deserves forgiveness.

1) I forgive myself for: _____

I now understand that I was motivated by by fear and I deserve forgiveness.

2) I forgive myself for: _____

I now understand that I was motivated by by fear and I deserve forgiveness.

3) I forgive myself for: _____

I now understand that I was motivated by by fear and I deserve forgiveness.

Be gentle with yourself, and don't use your past actions for self-condemnation. To be flexible you must be open and receptive. The past is useful as a background to learn from. What you don't like, you

can change, what you do like, you can reuse. You are the one in charge of how to recycle your past.