

I forgive myself
for the hurt I've
caused.

Dwelling on the past
and beating myself
up for my mistakes
isn't helpful. Instead, I
will focus on the
present and use what
I've learned.

Self-criticism and
self-punishment do
not help me learn
and be my best self.

I can simultaneously
give myself grace
and accountability.

I accept my
shortcomings and
forgive myself.

Self Forgiveness Affirmations

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I accept that I'm
human and I make
mistakes.

Forgiveness is
a gift I give
myself.

Now, I would do
things differently, but
I did the best I could
at the time.

Today, I
start fresh.

I will not judge my
past behavior using
all that I've learned
since then.

I will treat myself
with compassion.

Self-compassion
encourages me to
learn and grow.

I am worthy of
forgiveness.

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I forgive myself for
not knowing what
I know now.

Everyone makes
mistakes.

Self-forgiveness is a
process. I will
continue to take small
steps towards making
peace with my past.