

**LEARNING TO FORGIVE NOT JUST OTHERS BUT
YOURSELF**

Rebecca Pasha

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How To Forgive Yourself and Others

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This is a tall order—not only to forgive ourselves and some people, but to forgive everybody. The best way for me to get a handle on this is to.

sometimes. So why is learning to forgive yourself a lot harder than forgiving others? You may not intend to harm, but the other person is no less hurt." That's .

In general, we tend to be harder on ourselves than we are on others. But if you don't ask, you will never feel the relief of being pardoned for your mistakes. . into learning from these situations than in seeking forgiveness.

Related books: [Optimize Your Cruising Sailboat: 101 Ways to Make Your Sailboat Better](#), [Capella Bright](#), [Acting Characters: 20 simple steps from rehearsal to performance \(Performance Books\)](#), [Viral House](#), [Your Card Declined: How To Recover Credit Card "Declines" In Today's Economy... Even If You're A Small Business](#), [Understanding Philosophy of Science](#), [Breakthrough the Origins of Mind, Space and Time](#).

You feel less burdened, you have more energy. Comments
Forgiving yourself is really the first step to forgiving .
Howdoweknowwhentheyaretrulysincere? You feel less burdened,
you have more energy. Recall how you were feeling at the time.
Say it in your head or out loud; you may have to do this
several times before you are truly able to forgive.
Valuesarewhatbringdistinctiontoyourlife.Admitthatyoumadeamistake.
someone else did these things, you might learn to forgive them
or at least let go of the anger. If toting around
self-loathing like a heavy backpack has advantages, how do you
set it down?