Self-forgiveness-process with the help of God

This is a manual in 8 practical steps, with instructions for the guide in the margin. If you do the process on your own it takes 1,5–2 hours, with a guide 2–4 hours.

These are the steps:

Step 1. Reflect on what you need to forgive yourself for
Step 2. The burden of unforgiveness and the benefits of forgiving yourself
Step 3. Will, values and goal – your purpose of self-forgiveness
Step 4. Express what it is that you want to ask forgiveness for
Step 5. Express what you would have preferred to do instead of what you did
Step 6. Ask for forgiveness
Step 7. Forgiveness, guidance and healing with the help of God and the decision to forgive yourself – visualization
Step 8. Future reality – visualization.

Step 1. Think through what you need to forgive yourself for

Step 2. Burden of unforgiveness and the benefits of self-forgiveness

Write: The *burdens* of continued unforgiveness are … The *benefits* of forgiving myself are … Finish this step by reading all that you have written aloud.

Barbro Holm Ivarsson, 2025-11-01, contact barbro-holm-ivarsson@telia.com, forlatelse.se

Step 3. Will, values and goal – your purpose of self-forgiveness

Express your purpose of self-forgiveness by reading the following aloud slowly.

Read aloud:
– I *value* love, creativity and well-being *more than* self-damaging thoughts, self-criticism and belittling myself.

– I *value* dignity, maturity and wisdom *more than* guilt and shame.

– I *value* the full flow of life energy *more than* to diminish or block it in any way.

– I *value* being well *more than* being ill, freedom *more than* feeling limited or restricted, peace of mind *more than* anger and worry, to feel strong and energetic *more than* feeling weak, and joy *more than* sorrow and feeling down .

Read aloud:
–I do have a choice. I do have a will. I am tired of carrying the burdens and the pain. I therefore choose to forgive myself — comfortably, joyfully and completely. That is my goal now.

Step 4. Express what it is that you want to ask forgiveness for

Write:
I ask forgiveness for …

Leave a space between each item (in the space you will write down your preferences in Step 5).

Finish this step by reading all that you have written aloud.

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Step 5. Needs – what you would have preferred to do instead of what you did

Write down your preferences in the spaces between each item in step 4.

Express what you would have preferred to do, say or think instead of what you did.

You may use a different color pen if you like.

Write: As I look back now, I realize that I would have preferred to have said, done and thought the following … Finish this step by reading all that you have written aloud.

Step 6. Ask for forgiveness

You now have the opportunity to ask God for forgiveness.

Read aloud: – It is my firm intention to heal the effects of all of this now. I am so tired of feeling bad because of it! I am tired of having these kinds of thoughts! I am tired of the suffering and the distress it has caused, and the burden I have carried. I have had enough of feeling uneasy about all of this. I choose to be free, and I ask for forgiveness so that all of it may be healed.

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Step 7. Forgiveness, guidance and healing with the help of God and the decision to forgive yourself – visualization

If you do the process on your own, read a little and visualize, then read a little and visualize again, and so on.

7:1 Bring what troubles you to God and allow yourself to receive guidance

Close your eyes and imagine: Lift your consciousness to God, who knows everything about you and can give you new perspectives and a sense of the whole of life. God knows who you are—God created you. God knows how precious you are, what you need, your path in life, the purpose of your being here, and all healing. God knows what has happened in your life, the real reasons why things occur, and how everything is connected. God can see the whole picture and has deep knowledge of what is best for you. God sees you, hears you, and loves you unconditionally.

Imagine that from God's level you see yourself walking down on earth in your everyday self. You see the different parts of your personality, and your whole being with your history. You see yourself walking along your life's path. You see all the connections (*pause*) and the possibilities ahead. (*pause*) You see that the world is a place for challenges and learning. Nothing you have done in the past or will do in the future can change God's love.

Feel the forgiveness from God. Perhaps you now see yourself and certain situations in a new light, with God's help. Stay with this experience for a while.

7:2 Receive God's love, compassion, understanding, and forgiveness

Now let the love flow from God to you—through all the experiences that still cause you pain, from your birth, through your childhood, your teenage years, and all the way up to today. You now feel a stream of love, compassion, and understanding from God, and you can finally feel it for yourself. (pause)

Let God speak to you. What is God saying to you? God knows what you need to hear. God can help you see yourself and certain situations in a new light.

Take your time to do this and write down what comes to you.

Continue to keep your eyes closed and imagine yourself receiving forgiveness and love from God…Feel the unconditional love flowing into you from God…Feel the care… the compassion… the strength… the understanding… the peace… and the wisdom, and feel the forgiveness. You feel a deep gratitude for what you are receiving. *Take your time.*

7:3 Healing by God

Take some time to connect with your personal self again. This section is about healing, physically, emotionally and mentally, with the help of God.

First imagine that God heals the physical body.

Keep your eyes closed and imagine God´s love as light. You receive the healing physically by letting the light flow through you. Feel a gentle, soothing, warming ray of light passing through your body. Feel it flowing in through the crown of your head and slowly down through the head and face. It continues through your neck and throat. It flows down through your shoulders, your back, your chest, your right arm … and hand, your left arm … and hand, it fills your belly, your hips, your right leg … and foot and your left leg … and foot. Let the light flow through the parts of your body where you have felt pain, tension or illness.

Now receive healing of an emotional nature.

Continue with your eyes closed.

Imagine that God shows you events or scenes from your past life that needs healing, as pictures in an old photo album. Now God shows you the first important photo of a scene that needs healing today. *(pause)*

Now God goes to the person you were in that picture. Loving hands draws you aside from the painful scene, holding you the way you needed to be held then, rocking you, soothing you, until you are brought to peace. The love of God flows into you and transforms all the hurt into peace. God gives you now what was needed then. *(pause)*

When you are ready, feel God gently place the person you were then back into the picture, back in the memory - healed and fully at peace. This is a peace that will last. *But now the scene develops in just the way you needed it to develop back then*. Watch it happen with the help of God. *(pause)*

Repeat this process for each memory that God knows needs healing. Take the photos, one by one. Let God show you the *important* photos. *Take your time to do this.*

7:4 To forgive and receive God's love

Now you will receive love from God by beginning when you were a baby and continuing forward until today. You can start by feeling compassion, understanding and love for yourself.

Continue with your eyes closed.

Continue to feel love, wisdom and compassion flow from God to you, filling you up physically, emotionally and mentally, warming your heart.

The love flows from your heart to yourself at the moment of your birth. You are a naked and defenceless little baby and you find you can let pure love flow into you and fill you. *(pause)*

Now continue to let love flow into and fill you as you grow up. You see yourself going through all the experiences that lead to you becoming the person you are today.

Now you are

– an infant *(pause)*

– a toddler *(pause)*

– a child *(pause)*

– a teenager *(pause)*

– a young adult *(pause)*

– the age you are today.

Now continue to let pure love flow into and fill your entire being. You will experience how understanding and compassion for yourself will flow to you more and more from now on. *Take your time to do this.*

7:5 Decision to receive God's forgiveness, and to forgive yourself

To anchor your decision to receive God's forgiveness and to forgive yourself, you will now say a few things to yourself.

Read aloud:
– I receive the forgiveness and the unconditional love from God.
– I forgive myself. That is my decision.
– I choose and decide that this change within me shall remain.

Step 8. Future reality – visualization

Continue with your eyes closed.

You are now free to move on from the experiences you have processed during this journey. You will experience a joyful sense of deep release and relief, strength, compassion toward yourself, understanding, love, and forgiveness.

Now imagine how your life will unfold as you live according to your new decisions and patterns of thought. See yourself in different situations, expressing inner strength, wisdom, compassion, understanding, love, and forgiveness. You are in control of your life and now receive guidance from God.

Take your time.

When you feel ready, you may open your eyes and write down the thoughts and insights that came to you, and complete the forgiveness process.