

I Forgive Me

Place a check by any area where you been negative or critical of yourself:

relationships with friends _____

relationships with family _____

academics _____

athletics _____

physical appearance _____

something I did _____

something I did not do _____

Focus on one of the areas you checked. Write the five first words or phrases that come to mind in relation to that area.

Place a plus sign (+) by any of the words or phrases that are positive memories. Place a minus sign (-) by any of the words or phrases that are negative memories.