



One of the first steps to living a lifestyle of proactive self-love is to let go of all the shame and anger we feel towards ourselves. To forgive our perception of what we think we have done or not done by letting go of our unfulfilled expectations. And then choose to forgive ourselves.

Often times our hearts begin to subconsciously shut down making us incapable of knowing what we need to be healthy because of the disappointment, shame, or anger we feel towards ourselves. In order to connect to the reality of our hearts, we need to get in touch with all that's been suppressed within us by bringing it to light.

It is through receiving God's forgiveness and self-forgiveness that our hearts will begin to open back up so that we can accept and love ourselves unconditionally.

The truth is no matter what we have done, Jesus' blood paid for every sin. And therefore, because Jesus made forgiveness of sins available to anyone who chooses to receive Him we can receive His forgiveness as well as learning to forgive ourselves for all our sins and unfulfilled expectations.

Self-Forgiveness Tool

Purge: The first step is to purge your anger and bring to light all that is suppressed within you that you feel towards yourself.

*My example: Janae I am angry at you for eating that entire bag of chips. That was an old habit that should not exist in you anymore. Janae that was stupid that you felt so out of control that you fell for the illusion of food and comfort again.**

*The goal is to sit in this anger for a moment until you feel all that is within you has been brought to light.

Forgive: Next, you choose to forgive. What this means is you give up your need to punish yourself, hand it over to God, and let Him forgive you and help you to forgive yourself. This does not mean that you condone your behavior. It simply means that you are acknowledging the sin in your life, then choosing to receive God's forgiveness, and then making the decision to forgive yourself. God is merciful and loving you can trust Him with your sins and let them go.

My example: Janae, you don't deserve my forgiveness but I'm going to give it to you anyways because that's what Jesus did for me. Janae, I forgive you for feeling so out of control that you ate the entire bag of potato chips.

Bless: Now speak words of blessing over yourself. Dream with God and ask Him what He desires for you to speak over yourself.

My example: Janae I bless you with self-control and a peace to run to God when you feel out of control. Janae I bless you with a comfort in God and the fullness of satisfaction in Him!