



## Radical self forgiveness worksheet

**Write a letter to yourself posing as the victim of your shortcoming. Write whatever you feel in your victim mindset. Do not leave or censor any information, since it is not meant to be sent anywhere. Express your feelings wholeheartedly.**

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**Write this second letter from the same victim, but who is accepting towards the shortcomings. Write what has caused you to be this way. How you understand where this shortcoming is coming from. How you can accept the flaws you have even though they have caused problems and regrets for you.**

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Write this third letter from an evolved spiritual perception of yourself in which you acknowledge that you have come to witness the whole situation from a different perspective, which has helped to illuminate the fact that what happened was divinely planned. You now see that this all happened for a reason, one that has everything to do with your spiritual and psychological growth. You also recognize the effects of this shortcoming is not something that happened to you but happened in your favor.

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## References

[Tipping, C. C. \(2011\). Radical self-forgiveness: The direct path to true self-acceptance. Sounds True.](#)

[Zolotuhina-Abolina E., Makarenko M. \(2020\). Forgiveness and Self-Forgiveness: Moral and Psychological Unity. Chelovek 31\(5\), pp.111-128](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.