

5-Minute Self-Forgiveness Practice: A Gentle Way to Let Go

Self-forgiveness is the most loving conversation you'll ever have

Introduction

Many of us carry memories we wish we could erase—words we said, decisions we made, things we didn't do. We replay them late at night, hoping that somehow, if we just think hard enough, we'll find a way to undo them. But regret doesn't fix the past—it only keeps us stuck in it.

This gentle, 5-minute printable practice was created for those quiet moments when you find yourself thinking:

- “I should have known better.”
- “Why can't I let this go?”
- “I don't know how to forgive myself.”

Use this simple practice whenever you feel stuck in regret or self-blame. All you need is a few quiet minutes and an open heart.

5-Minute Self-Forgiveness Practice:

Step 1: Ground Yourself (1 minute)

- Close your eyes. Take 3 deep breaths.
- Place your hand over your heart.
- Say to yourself: “*I am safe in this moment.*”

Step 2: Reflect Without Judgment (2 minutes)

Think of a moment you can't seem to let go of.

Then, answer these prompts in writing or mentally:

- What was I feeling at the time?
- What did I need that I didn't have?
- What would I say to a loved one who made this same mistake?

Step 3: Reframe with Compassion (2 minutes)

Choose one of the following phrases to repeat to yourself:

- “I was doing the best I could with what I knew at the time.”
- “It's okay to be human and make mistakes.”
- “I can learn from this and still love myself.”
- “I am more than this moment.”
- “I deserve compassion, just like anyone else.”

Repeat your phrase gently, as many times as needed. Let it land.

Final Reflection

“What changes when I choose compassion over punishment?”

Free Downloadable Guide



I am here for you!

Thank you for downloading this guide. Every step you take toward emotional clarity and self-worth truly matters.

Have a question or want to share your reflections with me?

I'd love to hear from you! Just send a message to: **info@andressamartinspsychotherapy.com**

Want more free resources like this?

Visit www.andressamartinspsychotherapy.com for tools to support your journey of emotional well-being and self-discovery.

Ready to take the next step and begin your healing process through therapy?

You're invited to **book a free introductory call** with me—no pressure, just a warm space to talk and connect.

With warmth,

Andressa