

## Forgiveness Mantra:

- Find a smooth stone/rock/button - anything that you can rub your thumb or finger against comfortably while holding it in your hand
- Rub the item while saying the mantra and repeat it 3 times - as it's written below
- Do this mantra whenever you feel like you're the "worst person" ever or you really messed something up, or you're not even sure what you're feeling
- Guilt and Forgiveness can often be the different sides of the same coin
- Say it to yourself or out loud
- It's OK if you don't believe it - it's very powerful and it WORKS!

I forgive myself  
I forgive myself  
I forgive myself  
I am forgiven

I forgive myself  
I forgive myself  
I forgive myself  
I am forgiven

I forgive myself  
I forgive myself  
I forgive myself  
I am forgiven