

I FORGIVE MYSELF FOR MY RELATIONSHIP MISTAKES

I let go of my errors with past relationships. I have learned what I can from my missteps and refuse to allow regrets to take up space in my mind or spirit.

I accept my mistakes without guilt or embarrassment.

I understand the universe presents a variety of experiences to strengthen the spirit, and mistakes are a natural part of the learning curve.

My past relationship errors help me identify my current values. They clarify what I am looking for in a relationship and how I can better meet my partner's needs. I now understand how my actions and words can affect others and am conscientious about my communications.

I am able to heal emotionally after my relationship mistakes. I am also able to help others heal by being an example for them.

My perception of past relationships is clear and I am able to embrace new relationships with ease. I look upon my mistakes of the past as blessings in disguise and know how to nurture positive elements in my relationships going forward.

Today, I leave the past in the past and look forward to a bright future with positive, fulfilling relationships.

REFLECTION QUESTIONS

1

How can I learn from past relationship mistakes without feeling guilt or embarrassment?

2

What are some ways I can identify my current values and use them to improve future relationships?

3

How does forgiving myself open the door for new, positive relationships?