

**FORGIVENESS
WEBCAST CLASS
July 31, 2005
Partner Exercise**

1. Think of a time that you felt disturbed, out of balance and not connected with peace. Describe the situation, what you felt, how you behaved.
2. What was your judgment or expectation of yourself?
3. Do self-forgiveness by saying or typing these words and filling in the blank

I forgive myself for judging myself for _____

I forgive myself for judging myself as _____