What is self-unforgiveness?
Negative thoughts or feelings like hatred, anger, remorse, regret, and blame that are directed toward yourself.

What is self-forgiveness?
Self-forgiveness is a way to rechannel negative thoughts or feelings about yourself and restore a positive, productive self-image.

What is the goal of self-forgiveness?
Remove negative thoughts and feelings toward oneself and thereby restore energies needed to make a positive contribution to family, friends, community or society.

Why is self-forgiveness important?
Research shows that self-forgiveness can increase physical, emotional and spiritual well-being. Self-unforgiveness may be an unrecognized roadblock to becoming a happier, healthier, and more productive person.

What is Restore: The Journey Toward Self-forgiveness?
Restore is a self-forgiveness education program that can help a person who is experiencing self-hatred, self-loathing and/or strong feelings of self-anger find their way to feelings of increased personal happiness, contentment, and peace. In other words, self-forgiveness can lead to a higher quality of life; a new and improved version of you!

How do you find self-forgiveness?
Feelings of personal control, joy, and self-worth return after finding motivation, gaining information, and committing to restoring oneself. Restore encourages participants to engage themselves at three levels: We begin with acceptance on the next page.
Exercise One:

Consider a time in the past or present in which you did or said something that made you feel remorse, guilt, self-hatred or something similar for which you feel some sense of responsibility. It might have been something fairly significant that caused someone else a good deal of trouble or pain. On the other hand, it might have been something fairly insignificant but yet still bothered you because of the way you acted.

Below please write a paragraph about the events surrounding the situation you thought of above. What did you do or say that hurt someone else? Do you remember why you did it? How did the other person(s) react? Why does it bother you?

If you need more space there are extra pages in the back.
Exercise Two:

It is common for people to find good in bad experiences. For example, some people who get cancer can see that new relationships have developed or become stronger, some folks find renewal of their faith, and still others develop a renewed appreciation for some parts of their lives.

Consider this illustration: A person is fired from their job and comes to realize that new career goals have emerged.

The list goes on...

Considering the event you just described in the earlier section, take a few moments to reflect upon the benefits (if any) that may have developed out of your difficult situation. Please write those down below.

BENEFIT FINDING

“BENEFIT FINDING IS DISCOVERING THE GOOD NEWS IN BAD EVENTS.”

REMEMBER TO PRAY

Before writing we invite you to spend a couple of minutes in prayer, reflection or meditation before proceeding to the writing.

If you need more pages to finish writing, there are extras in the back of the book.
Exercise Three:

So far you have described a situation in which you have accepted responsibility for what you’ve done, found some benefits, and now we invite you to take a few minutes and consider ways in which you might use what you have “learned the hard way” to help other people. For example, consider someone struggling with addiction; they accept responsibility, they recognize the benefit of increased self-esteem in survivorship, and now having been part of Alcoholics Anonymous (AA) they have committed themselves to becoming a Sponsor.

Or, a cancer survivor accepts responsibility for eating an unhealthy diet, finds themselves benefiting from their new understanding of holistic self-care and commits to volunteering at a cancer hospital or raising money for the American Cancer Society.

We invite you to reflect on your situation and describe the ways you have or might be able to use your wisdom to help others.

Describe the feeling you had or are having as you consider ways in which you can help others.

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