



The Challenges of Self Forgiveness

A Workshop that Provides ACT and RFT Based Responses to Produce Compassionate and Workable Responses to Struggle

Outcomes....

- Ready for a condensed workshop?
- In groups of three
 - Quick introduction
 - Top three things your triad wants from this workshop.....

Possible outcomes.....

- Identify the factors leading to being stuck in self blame leading to anxiety (worry) and depression (rumination)
- To provide a flexible responses including:
 - Transcendent perspective taking
 - Present moment experience;
 - Values based analysis
 - Basis for compassionate response to shame guilt remorse and restoration;
 - Using Relational frames to build acceptance and willingness
 - To open pathways to getting unstuck from self

Possible outcomes.....

- Relapse prevention by identifying stuck thinking and its secondary benefits – protection....
- Providing opportunities for self compassion, self-respect leading to self acceptance
- Conclusion - ***now I can trust myself to take valued life action***

Seven Principles

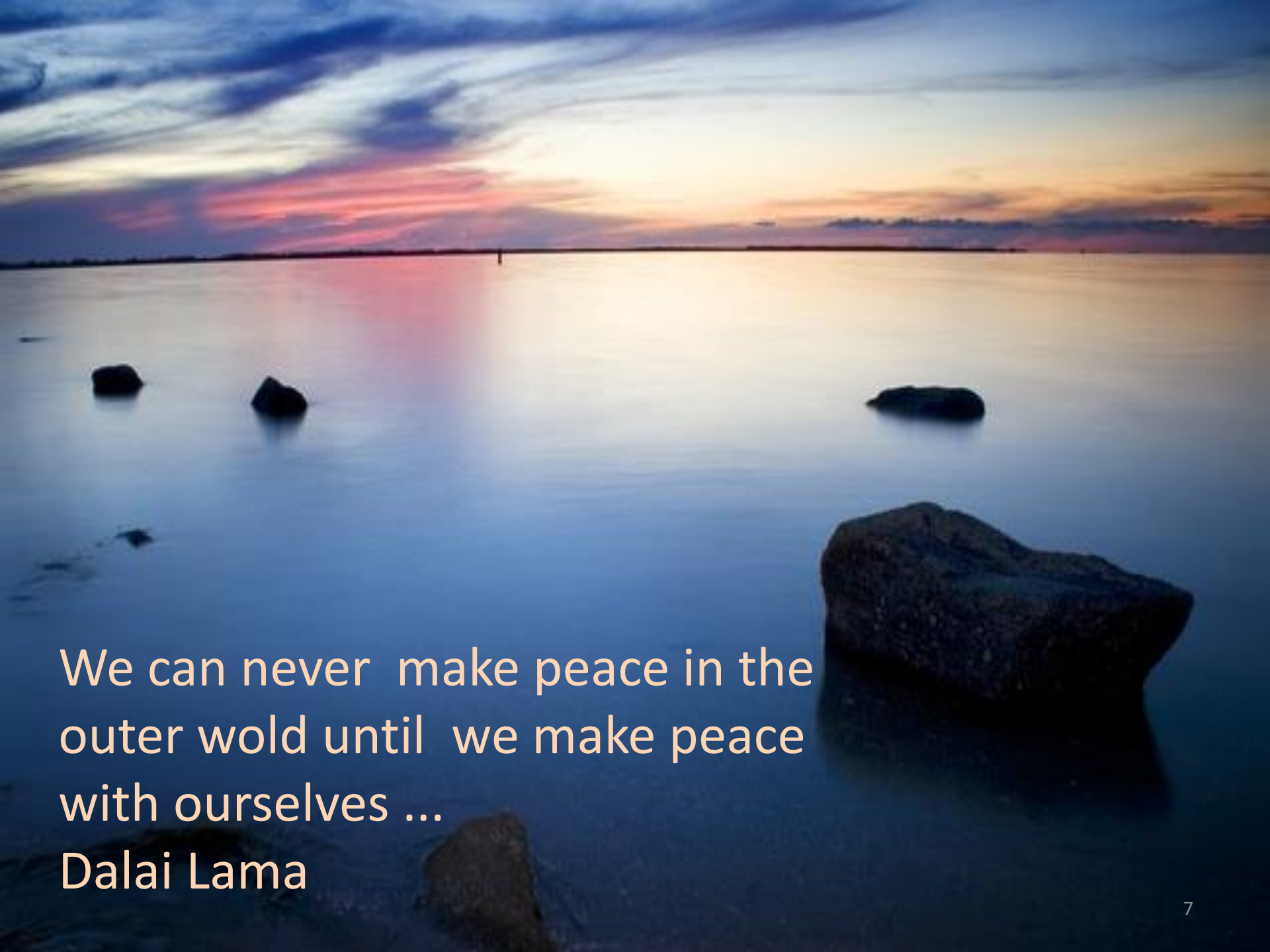
- **Identify our Burdens**
- **Taking Perspective**
- **Values and Pathways**
- **Getting unstuck**
- **Self Forgiveness**
- **Values for Action**
- **Take committed action based on self forgiveness**

Why Self forgiveness??



Our common fate - [ACT Danmark](#)

https://www.youtube.com/watch?v=jucOJZT_2NA



We can never make peace in the
outer world until we make peace
with ourselves ...

Dalai Lama

1 Identification of our Burden

- Clear identification of a transgression and its context and subsequent burdens
 - how did we act in a way that was not consistent with values
 - To what extent do we now experience shame, guilt, self blame, remorse.
 - Identify common actions in response to getting in contact with this offence – avoidance, withdrawal, unworkable action.....

Your Work.....

Worksheet 1

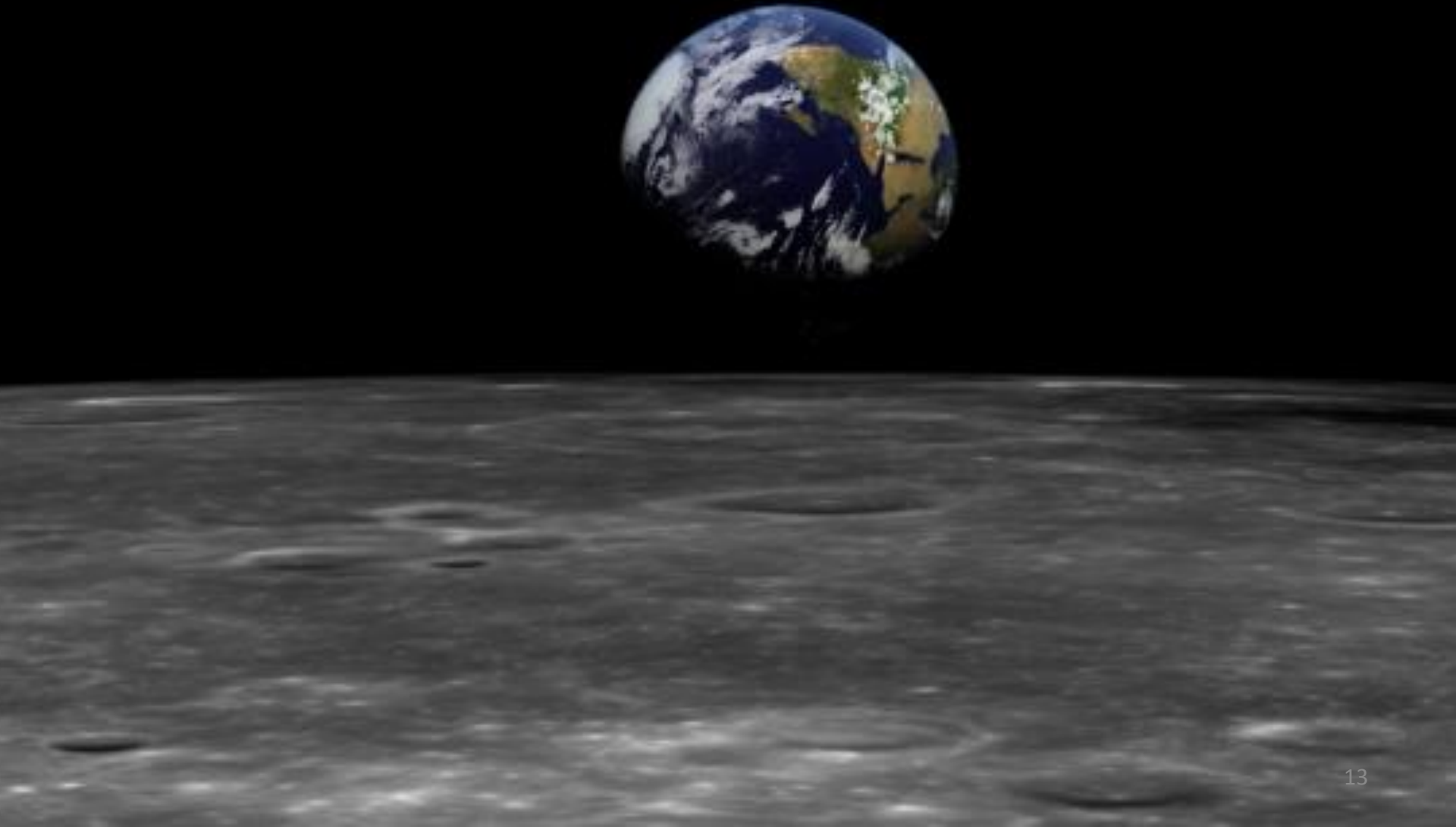
- Consider Charlize (28) s a high performing manager in a large high profile organisation, she lives at home as she is saving for her own home and intends to set up house with her much loved and supportive partner....
- She has had major health problem with birth related bowel obstruction (corrected by series of surgeries) and some associated musculo skeletal deficits requiring extended surgical intervention
- However, her mother is an alcoholic (high functioning) who works in the health sector ... with many confronting incidents at home... her father and family wants it kept silent and is discouraging Charlize from seeking therapy.
- Charlize believes she is facilitating her mother's dependence and has become so despondent she has thought about giving up her future plans and recently took driving risks which could have ended her life.
- She has had her own problems with painkilling medication and fears ending up like her mother.



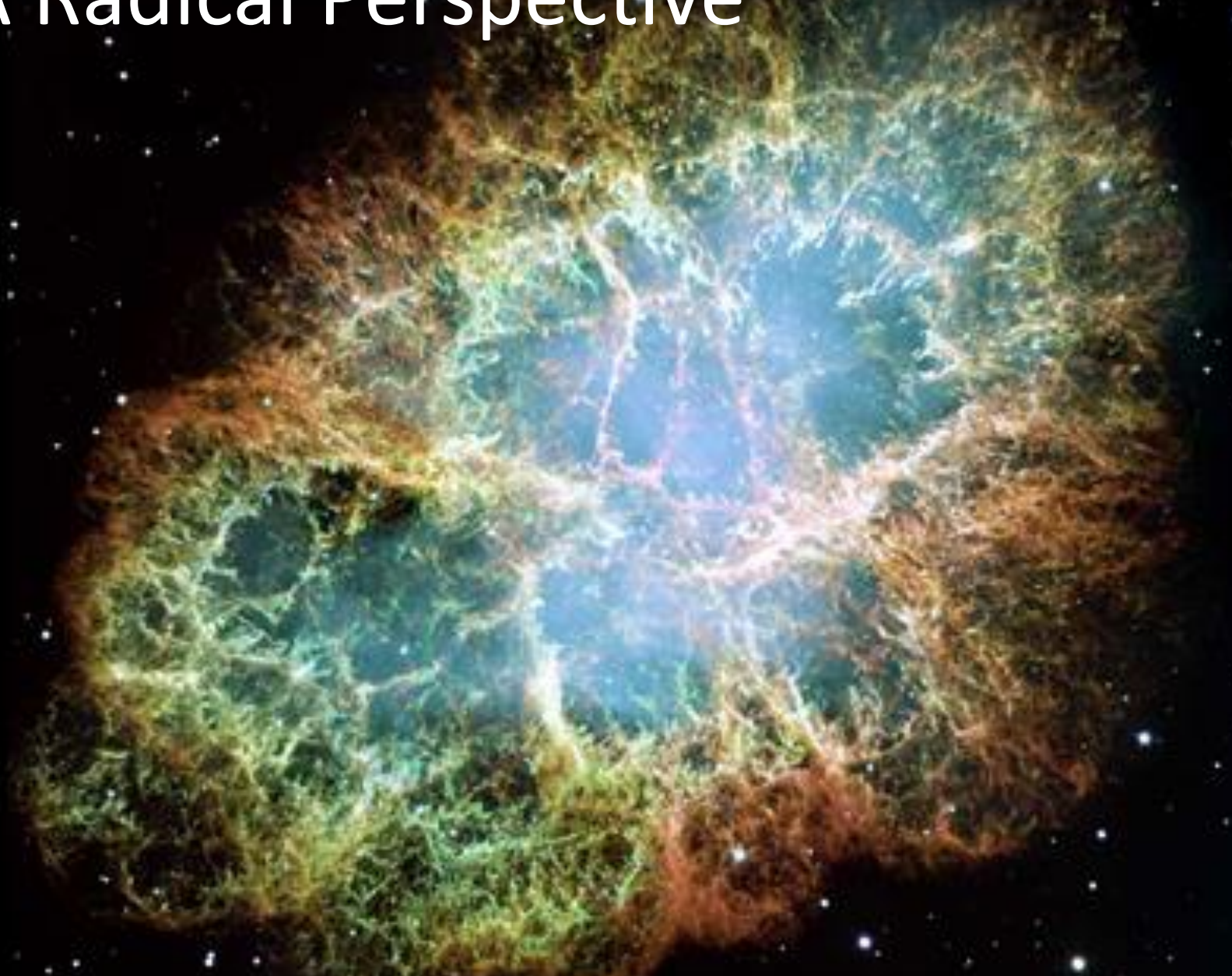
A Radical Perspective



A Radical Perspective



A Radical Perspective



<https://www.youtube.com/watch?v=xelVGx7wpNw>

<https://vimeo.com/55073825>



2 Taking Perspective

- Perspective taking exercises
 - The Universe,
 - Good bad or more....

2 Taking Perspective

- Understanding the splintered self
 - Remembering vs experiencing
 - Organising vs meaning making
 - Story vs Context
- Developing:
Openness, Presence, Acceptance and Light
in response to our experience

2 Taking Perspective

- Perspective taking allows us space to create a space for **Openness, Presence, Acceptance, Lightness**
 - **Openness** : Expand your capacity to observe , participate, acknowledge vulnerability
 - **Presence**: Compassionate, focussed, being with
 - **Acceptance**: Suspend judgement, welcome experience
 - **Light** : Illuminate the experience and lighten the burden

Your Work

- In your triad – having done this expansion exercise:
- explore perspective taking with One being the client, one being the therapist ,and, one being the observer



3 Values and pathways

- Values Inventory
- Identifying to what extent the transgression contravened Values
- Understanding the process of contact with painful experiences and the need for a values based perspective
- Understanding the values context of the transgression

Your Work

- Changing roles – assist Charlize to elicit and Identify 1 or 2 values that might be in conflict

i.e.

I do this for others but not myself.....

I want to do both but cannot , or do not.....

I am undermining my own values because.....



Beware pseudo self forgiveness

- Sophisticated avoidance
- Failure to address the core issue
- Will reoccur or use resources that undermine psychological flexibility

Getting unstuck



4 Getting unstuck

- OPAL – keeping a compassionate stance.....
- Understanding and addressing
 - Shame:** Self oriented - I Am Broken
 - Guilt:** Action oriented - What have I Broken?
 - Remorse:** Contrite regret – wanting to put wrongs right

4 Getting unstuck

- Utilizing ACT and RFT to get unstuck....
- Many options.....
 - Get in touch with here and now...
 - Identify pathways of Acceptance and Willingness...
 - Identify how to become more open to experiences
 - Utilise the Matrix...
 - Identify how painful experiences can be used to highlight and clarify values...
 - Identify pathways for valued action...

Your Work

- Revisit the Scenario to Elicit/Identify:
 - Shame or Guilt based responses
 - and a possible focus of remorse – we will come back to this later.....
- Choose a focus for
- Perspective taking, reframing, opening up, Acceptance, moves towards.....



5 Self Forgiveness

- Mindfulness/ACT/RFT approaches to acceptance of self forgiveness
 - How would you take a perspective that helps normalize the transgression and its effects
 - Development of Compassionate presence, Self acceptance and Self respect use RFT processes
 - how would you treat your best friend and wounded stranger....
 - How would you respond to the child.... how would the child respond to you?
 - Identify how you would coach yourself to respond differently if the situation reoccurred

5 Self Forgiveness

- Radical Acceptance
 - Values within actions...
 - I made that choice based on value X
- Use Remorse to explore possibilities of alternate pathways for:
 - restoration
 - repair
 - renewal

Your work

- Change roles.... how might Charlize Explore areas of her values where she may be more accepting of herself and previously unworkable actions?
- What values may be hidden within her previously unworkable actions?



6 Values for Action

Developing and Planning

- Development of Choice points for future situations which involve:
 - Same contexts or repeated private events
- Establish alternate pathways
 - taking workable action
- Develop SMART goals for values based action for
 - restoration,
 - repair and
 - renewal

Your Work

- Identify a Choice point and smart goals
- How would you go about negotiating this with Charlize using ACT/RFT/Matrix approaches



7 Commitment to Self Forgiveness

- Bring it all together for continued process of renewal
 - Continued SMART Action....
- Where do I practice a particular skill?
 - Context? Frequency?
- What and how will I track measure my skill?
 - Objective measure, Observations, Feedback?
- Continuing development – Sources?
- Practice and application

When you are *comfortable* with both
your strengths and weaknesses,

*you radiate simple
unaffected humanity.*

Self acceptance
total self acceptance

means self forgiveness.

When you forgive yourself and stop judging yourself -

then you won't judge others and there will be less
conflict in the world.

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