

## 5-Minute Self-Forgiveness Practice: A Gentle Way to Let Go

*Self-forgiveness is the most loving conversation you will ever have with yourself.*

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### Introduction

Many of us carry memories we wish we could erase—words we said, decisions we made, things we didn’t do. We replay them late at night, hoping that somehow, if we just think hard enough, we’ll find a way to undo them. But regret doesn’t fix the past—it only keeps us stuck in it.

This gentle, 5-minute printable practice was created for those quiet moments when you find yourself thinking:

- *I should have known better.*
- *Why can’t I let this go?*
- *I don’t know how to forgive myself.*

Self-forgiveness isn’t about excusing harm or pretending nothing mattered.

It’s about releasing self-punishment and allowing yourself to grow with honesty and compassion.

### **How to Use This Guide**

This practice is meant to be simple, grounding, and repeatable. You can use it whenever feelings of regret, guilt, or self-blame arise — whether that’s once a week, once a month, or in the middle of a difficult moment.

You may complete it in one sitting or return to it as often as needed. There is no “right” way to feel while doing this.

If emotions come up, pause, breathe, and go at your own pace. Self-forgiveness unfolds gently — never by force.

All you need is five quiet minutes and a willingness to meet yourself with care.

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### **Step 1: Ground Yourself (1 minute)**

- Close your eyes. Take 3 deep breaths.
- Place your hand over your heart.
- Say to yourself: “*I am safe in this moment.*”

Let your body settle before moving on.

### **Step 2: Reflect Without Judgment (2 minutes)**

Think of a moment you can’t seem to let go of.

Then, answer these prompts in writing or mentally:

- *What was I feeling at the time?*
- *What did I need that I didn’t have?*
- *What would I say to someone I love if they had made the same mistake?*

Notice if your tone softens as you answer. You are not here to accuse yourself, only to understand.

## **Step 3: Reframe with Compassion (2 minutes)**

Choose one phrase below (or create your own) and repeat it gently:

- *I was doing the best I could with what I knew at the time.*
- *It's okay to be human and make mistakes.*
- *I can learn from this and still love myself.*
- *I am more than this moment.*
- *I deserve compassion, just like anyone else.*

Repeat your phrase gently, as many times as needed. Let it land.

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## **Final Reflection**

*"What changes when I choose compassion over punishment?"*

You may wish to write your response or simply sit with the question.

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## **Support & Next Steps**

### **I Am Here for You!**

Thank you for taking this step toward emotional clarity and self-worth.

If this guide brought insight, tenderness, or new questions, you don't have to hold them alone. **You're welcome to share your reflections with me at:**

👉 [andressamartinspsychotherapy@gmail.com](mailto:andressamartinspsychotherapy@gmail.com)

If this reflection opened something deeper, you may wish to explore **working with me through a one-on-one session or ongoing support**. Learn more or book a session here:

👉 [Services - Andressa Martins Psychotherapy](#)

If you'd like to continue this journey, I invite you to **visit my blog**, where I share deeper reflections, psychological insights, and practical perspectives on self-worth, emotional healing, and personal growth:

👉 [Blog - Andressa Martins Psychotherapy](#)

**With warmth,**  
**Andressa**