

Journal Reflections:

I wish I would stop saying this to myself:

I wish I felt deserving enough to let myself have or enjoy:

In her book, *Guilt is the Teacher, Love is the Lesson*, Joan Borysenko gives us some more clues that indicate if you are unconsciously caught in guilt and shame:

I'm overcommitted.

I really know how to worry.

I'm a compulsive helper.

I'm always apologizing for myself.

I wake up anxious and I can be anxious for weeks.

I always blame myself.

I worry about what other people think of me.

I am not as good as people think I am.

I'm a perfectionist.

I hate to take any assistance or ask for any help.

I can't say no.

If you are in the habit of one of these behaviors, you might be driven by a self-forgiveness issue.

How do you know you have some personal housecleaning to do?

Take a moment to FEEL your blocked and stagnant energy; let it get bigger inside you, and let it reveal more of its effects on you:

Physically:

Emotionally:

Mentally:

Spiritually: