

Yom Kippur 2020 Forgiving Oneself

Forgiving yourself is as important as forgiving others. Guilt is toxic: it is like re-living the mistake over and over – and it serves no purpose.

Love yourself. Forgive yourself. Sure, you have disappointed people, but you are still good enough.

You have messed up on occasion, but you are still smart, capable and talented.

You can let people down at times and still be worthwhile and deserving of love and admiration. We all make mistakes sometimes. Take a deep breath. You are allowed to be human.

Yes, we all make mistakes and sometimes there's just no way to go back and fix them. But we can move forward wiser and more in control of our own lives.

When you think about it, a mistake that makes you humble is better than an achievement that makes you arrogant.

Don't be so hard on yourself. Take a moment. Sit back. Marvel at your life: at the grief that softened you, at the heartache that sensitized you, at the suffering that strengthened you. Despite everything, you still grow. We learn from our mistakes, picking ourselves up where we stumble and fall. Forgive yourself and move forward. Be proud that you are doing this.

Why? Because the truth is that unless you let go and unless you forgive yourself; unless you forgive the situation; unless *you realize that the situation is over*, you cannot move forward.

Forgive yourself. Take a deep breath. You are allowed to be human.