



FORGIVENESS & LET GO OF SHAME

Transformational Tantra©2025

Homework: Self-Forgiveness & Letting Go of Shame

Guiding Intention

"I am learning to relate to my past with honesty, compassion, and growth."

You don't need to believe this yet—just be willing to practice.

Part 1: Naming Without Punishing (Awareness)

Goal: Bring the experience into the light without self-attack.

Write for 10–15 minutes:

1. What is the event, pattern, or part of yourself you feel shame about?
2. What did you do or fail to do? Stick to facts—avoid labels like "I'm terrible."
3. What emotions come up when you think about it? (e.g., guilt, fear, sadness, anger)
4. Where do you feel this shame in your body?

 **Reminder:** Shame grows in secrecy. Naming is not the same as excusing.

Part 2: Context, Not Excuses (Understanding)

Goal: Understand why it happened without minimizing harm.

Answer in writing:

- What was happening in your life at the time?
- What needs were you trying to meet?
- What skills, awareness, or support were you missing then?

- If someone you loved had done the same thing under those conditions, how would you understand them?

Understanding creates space. Space allows compassion.

Part 3: Responsibility With Compassion (Repair)

Goal: Hold responsibility without self-destruction.

1. What part of this do you take responsibility for?
2. What have you already learned from it?
3. Is there any repair that can still be made?
 - Apology (to self or others)
 - Changed behavior
 - Clear boundaries
 - Living differently now

✍️ If repair isn't possible, write:

"What I can offer now is changed behavior and self-honesty."

Part 4: Self-Forgiveness Letter

Write a letter from your wiser, compassionate self to the part of you that feels ashamed.

Include:

- Acknowledgment of pain
- Accountability without shaming
- Validation of effort and growth
- Permission to move forward

Sentence starters (use any):

- "I see how hard you were trying..."
- "You were human, not evil."
- "You are allowed to grow beyond this."
- "This does not define your worth."

Part 5: Releasing the Shame (Somatic Practice)

5-minute practice:

1. Sit comfortably. Place one hand on your chest.
2. Breathe slowly.

3. Silently say:
4. "I am allowed to release what no longer helps me."
5. Imagine the shame as something physical (weight, color, texture).
6. With each exhale, imagine it loosening or leaving your body.

✚ You're not erasing memory—only the punishment.

Part 6: New Relationship With Yourself (Integration)

Answer:

- How do I treat myself when shame shows up?
- What would change if I responded with firmness and kindness?
- What value do I want to live from now on (e.g., honesty, care, courage)?

Write one **self-commitment**:

"When I remember this, I will remind myself that _____."

Optional Daily Practice (1–2 minutes)

Repeat once a day:

"I can regret without hating myself."

"I am more than my worst moment."

"I choose growth over punishment."

Important Note

Self-forgiveness does **not** mean:

- Saying harm didn't matter
- Avoiding accountability
- Rushing healing

It does mean refusing to keep harming yourself for something that already happened.

