



SPECIAL REPORT

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10 TIPS

EMBRACING SELF-FORGIVENESS

10 Tips for Ending Guilt and Forgiving Yourself



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by **SUZIE JOHNSON, CPC**



**SOULMATES ARE NOT MADE IN HEAVEN.
THEY ARE CREATED RIGHT HERE ON EARTH.**

Embracing Self-Forgiveness

Special Report

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ABOUT THIS SPECIAL REPORT

Dallas, Texas

10 TIPS FOR ENDING GUILT AND FORGIVING YOURSELF

Welcome to my special report on **Self-Forgiveness - 10 Tips for Ending Guilt and Forgiving Yourself**. This report is intended to help anyone who has been struggling with guilt, regret and the inability to forgive themselves for a past indiscretion.

If that describes you today, then don't despair.

Because there is a way to free yourself from guilt. There is a way to stop beating yourself up, and there is a way for you to recapture self-respect and restore your peace of mind. There is a way for you to forgive yourself for your past misdeeds. However, that way is different from the way you have been doing it, and yet it works. So let's talk a little more about what that means.

WHAT EXACTLY IS GUILT?

Guilt can be described as the negative feeling and state of mind triggered when we've violated our own moral or spiritual code. Another way to think of guilt is as self-directed punishment. It's our way of policing ourselves and ensuring that we don't get away with wrong actions - even if no one else knows we've done them.

WHERE DOES GUILT COME FROM?

It comes from our unwillingness to accept forgiveness for our own mistakes. Notice the word... Unwillingness. This feeling of unwillingness is the root of all guilt because it's the unwillingness to let go of the past, the unwillingness to learn from mistakes, the unwillingness to show compassion for our own misguided actions

that prolong feelings of guilt for longer than necessary.

WHAT IS THE OPPOSITE OF GUILT?

If you said self-forgiveness, you're partially right. But there's a little more to the story than that. Think about it like this. Guilt is about punishing ourselves, so it might seem that the opposite would be letting ourselves off the hook, right? But no, that's not how it works. Guilt really won't allow us to do that. So if the opposite of guilt is not allowing ourselves to "get away with it" (which describes the sociopath). What is it? It's called learning success. We are truly free from guilt when we believe that we've learnt something from our mistakes. Therefore, ending guilt is not just self forgiving, it's also self correcting.

SO HERE IS MY GOAL FOR YOU...

It's my hope that by the time you've read this special report all the way through and integrated the tips, insights and tools I've given you, not only will you be able to finally accept forgiveness for your mistakes... but that you'll also be able to turn those mistakes into stepping stones that lead to much greater self-awareness. You end up becoming more as a result of having made them - rather than less.

So, let's begin that journey now.



Dallas, Texas

HOW TO GET THE MOST FROM THIS REPORT



1. READ THE TIPS WITH AN OPEN MIND.

Keep in mind, some of what I share, you already know... and yet, knowing isn't enough. The goal here is for you to connect with the information at a deep enough level, so it causes you to question your current beliefs, inspires in you a shift in perception, and strengthens your resolve to better understand. Staying open gives you the best chances of doing that.



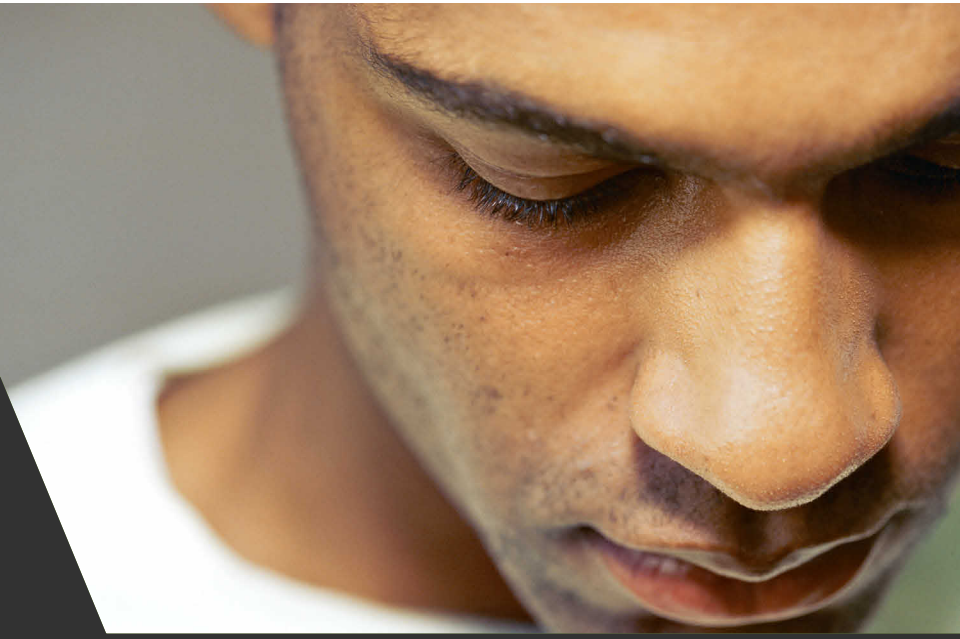
2. DO THE PROCESS QUESTIONS.

At the end of these 10 Tips, I've provided you with 3 process questions similar to the ones I use with my private clients. The goal of these questions is to take you deeper than reading alone. And as far as I'm concerned, it's taking the time to answer these types of questions that will end up being the difference that makes the difference for you.



3. FOLLOW THE NEXT STEPS.

I've provided you with a "next steps roadmap" to follow (if it makes sense in your situation). Please note: My next steps are just one of the many options you can take. If my recommendations make sense for you... great. If not, then that's also okay. The key here is to remember that this is a marathon (not a sprint), and to survive, you've got to keep moving forward.

10
TIPDON'T MISTAKE
GUILT FOR REMORSE

One of the biggest misconceptions people have is that guilt and remorse amount to the same thing. And yet, they don't. For instance, have you ever been told "You're not sorry for what you did. You're only sorry you got caught"? If yes, then it could be because you may have confused guilt for remorse.

GUILT

VS

REMORSE

- Guilt is about feeling bad about yourself.
- Guilt is about punishing yourself.
- Guilt produces shame for having secrets exposed.
- Guilt leads to compliance or "faking" change.
- Remorse is regret for having taken those past actions.
- Remorse is about disappointment in choices.
- Remorse produces relief for having the burdens lifted.
- Remorse inspires the urge to "redeem" yourself.

HERE'S THE QUESTION YOU'VE GOT TO BE ASKING YOURSELF...

Am I caught up in guilt (going in circles) or am I truly remorseful about my past actions? The key here? Guilt makes you feel shame. It makes you feel like "you" are bad - not just your actions. And so, it keeps you stuck. Remorse, on the other hand, makes you feel your "actions" were wrong, and that inspires the urge to do something about those actions. See the difference?



AM I TRULY
REMORSEFUL?
OR JUST
FEELING GUILTY?

MY SUGGESTION?

Shift your focus from seeing your "self" as bad (guilty) to seeing your actions as wrong (remorseful) and in doing so, you put yourself on the road to redeeming yourself.

TIP 09

MISTAKES CALL FOR CORRECTION - NOT GUILT



Because I classify infidelity as a mistake, over the years I've gotten a lot of emails from outraged readers. "How could you call it a mistake?", they exclaim. "This is not a mistake. This is a deliberate act of transgression that is done with full awareness and no concern for others," and "Lying for years cannot be considered a mistake... they were well aware of doing it." And I totally understand this point of view. So let me express why I confidently say that all types of infidelity are mistakes. To begin with, it helps if you understand my working definition of a mistake.

Here's the definition I like: *A mistake is any thought, action or choice that does not lead to right results.* Notice: mistakes are errors in thought and errors in judgment. And yet, it's only when we see the results of those errors in our thinking (in behaviors that cause us to sabotage relationships, hurt others, violate principles) that we are able to see our mistakes (errors in thinking) for what they are.

So, am I saying that it's seeing the "wrong result" (i.e. pain, unhappiness, guilt) that is usually the main indicator that we've made a mistake? Yes. That's exactly what I am saying. Now using that definition, let's look at how infidelity works.

AT SOME POINT YOU HAD A DESIRE.

It could have been romantic, sexual, emotional; maybe looking for a way to ward off boredom. In the moment you had the desire, there also arose the wish to fulfill that desire. So far, it's all fine. Having desires and

wanting to fulfill those desires are natural parts of human life. Now, here comes the twist. How do you go about fulfilling those desires? And finding the answer to the question is where most mistakes are made because there are basically two ways to approach it; the right way and the wrong way. Infidelity is nothing more than the attempt to fulfill your desires in a dishonest way. The real mistake is made in the erroneous belief that using wrong strategies (deception, lies) to fulfill your desires, would (or could) lead to good results.

MY SUGGESTION

Ask yourself this question: *How do I go about fulfilling my desires in an honest way?* Be willing to spend time figuring out how to get your needs met honestly. Once you know this, then it's easy to forgive yourself for your previous misguided attempts.



TIP 08

PUNISHING YOURSELF DOESN'T MAKE YOU A BETTER PERSON



One of the key reasons so many people are afraid to forgive themselves is simply because they don't want to feel like they "got away" with their wrong doings. And so, they use guilt, self-blame, self-judgments, self-sabotage and all kinds of other self-inflicted punishments to ensure they are properly punished for their own mistakes.

Here's the million-dollar question: **Does guilt work?** Does self-punishment make you a better person? I'm not so sure it does.



**Guilt doesn't prevent bad choices.
It only punishes you for making them.**

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TAKE DIETING, FOR EXAMPLE.

Most people will admit to feeling guilty about their diets... but does it prevent them from eating junk food? For many, it doesn't. People will tell you how guilty they feel about doing any number of things, but does that feeling of guilt stop them from doing those things? Not always. In fact, if guilt could really prevent us from doing bad things, the snack food industry would go out of business... *overnight!*

When you look closer at guilt, you'll notice...

→ **Guilt is a day late and a dollar short.**

→ **Guilt doesn't prevent bad choices – it only punishes you for making them.**

So if guilt doesn't prevent or even change wrong actions, how does it make us better people? That's right, it doesn't.

What guilt does do is punish. But punishment and correction are not the same thing (maybe this is why our prisons have up to a 75% return rate).

MY SUGGESTION?

Banish the idea that guilt is helping you to be a better person. Banish the thought that you need guilt for self-improvement. Instead, open your mind to the idea that any change that happens without pain has a much better chance of actually being *lasting change*.

TIP 07

BURIED GUILT IS TOXIC



Remember the story of the princess and the pea? It's the classic story of the prince who wanted to marry a princess. But she would have to be a real princess. So his mother devised a test to see if a potential princess was indeed a real princess - she laid a pea at the bottom of twenty mattresses. In the morning, the mother would ask the princess how she had slept. *"Oh, very badly!"* said she. *"Heaven only knows what was in the bed, but I was lying on something so hard that I am black and blue all over my body."* They knew she was a real princess, because only a real princess would be sensitive enough to feel the pea right through the twenty mattresses.

Surprisingly enough, guilt works the same way. Even the tiniest amount - no matter how deeply buried - is felt by the mind.

THE SYMPTOMS OF BURIED GUILT INCLUDES...

Restless nights, insomnia, disconnection, indifference, withdrawal, lack of sexual desire, and perhaps the biggest sign - *anger*.

And when I say anger... I'm not just talking about the

harsh words, tone or volume. I am also talking about the type of anger that shows up as impatience, irritability, spite, silent treatments, passive aggression and the "lack of motivation" (all of which are toxic to intimacy).

THINK ABOUT THIS:

If you're having trouble connecting with your partner... if you've lost that loving feeling... if you're feeling drained of energy all the time... if you're impatient and more cynical than you used to be... then maybe you've got some buried guilt that needs to be brought to light.

MY SUGGESTION?

Instead of suppressing, ignoring or trying to bury the things you feel guilty about... put some sunlight on them. Expose them in a safe way. For example. Go talk with your priest or rabbi. Or talk to a counselor.

The bottom line?

Guilt that is brought to light fades away into the nothingness from which it came.



THE COMMON SIGNS OF BURIED GUILT



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disconnection

fatigue

withdrawal

impatience

insomnia

defensiveness

lack of sexual desire

spite

restlessness

cynicism

irritability

moodiness

addictions

lower back ache

TIP 06

DON'T MAKE IDOLS OUT OF YOUR MISTAKES



Do you know what an idol is? It's a false God. It's anything you believe that has power over you. And what's more, just about anything can be turned into an idol; status symbols, youth, celebrities, money, sexuality... *and even our mistakes.*

How do you know when you're making an idol out of a mistake?

When you begin to treat it as if it's bigger than you; giving it power over you. When you become obsessed with it, constantly reliving it, rehashing it or you get so absorbed by it that it's all you think about.

Perhaps the biggest sign you're making an idol of your mistake is this. You come to believe that your mistake is much worse than someone else's mistake. And in doing so, you make an idol out of your mistake.

HERE'S THE THING...

When you make an idol out of mistakes, you magnify them. You end up focusing on the mistakes instead of learning, correcting and overcoming them. You encircle, obsess, self-castigate and treat your mistakes as if they have some "God-like" power over you.

This is how people end up going around in circles for years stuck in the past and hung up on their own self-blame and guilt. And if that is not what you want, then here's what I suggest you do..

MY SUGGESTION...

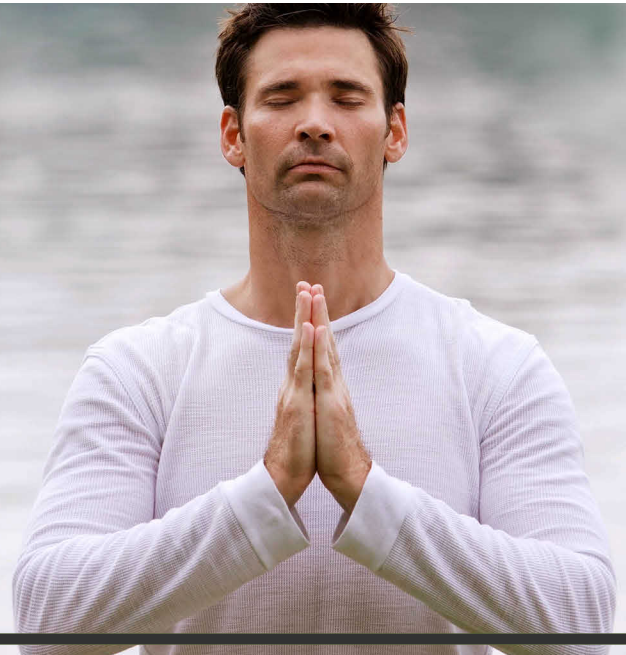
Stop making an idol out of your mistakes. Stop magnifying them. End the obsessing. Instead of making them into "idols" that has power over you, turn them into learning tools that allow you to grow, learn and become an even better person.

To fail to forgive yourself
is to make an idol out of your mistakes.



TIP 05

SELF-CORRECTION IS THE END OF GUILT



Now, here's how guilt would have us view our mistakes:

- Guilt would have us think of our mistakes as life-ruining monstrosities.
- Guilt tells us that our mistakes are signs of failure.
- Guilt looks at our mistakes as unforgivable.

What makes guilt so painful?

GUILT IS PAINFUL FOR FOUR KEY REASONS:

- 1) Guilt makes us our own judge, jury and executioner (therefore, we can never be objective).
- 2) Guilt only exists in the human mind, not in reality (therefore, it's irrational).
- 3) Because guilt is punishment that we inflict on ourselves, we often end up abusing ourselves.

And perhaps the biggest source of pain...

- 4) Comes from the fact that guilt has NO time limit and NO expiration date. Think about it. Once you start punishing yourself, how will you know when to stop? How much is enough? When does the prison sentence end? Who decides? Because there's no real answer to that question, guilt goes on for way longer than necessary.

BUT THAT DOESN'T HAVE TO BE YOUR STORY.

There is a way to end guilt forever. What way? Correct the errors in thought and judgments that led to your indiscretion in the first place. Notice... the word here is "correction" (not punishment). When you correct, you take action, you make amends, you improve and you do it voluntarily.

MY SUGGESTION...

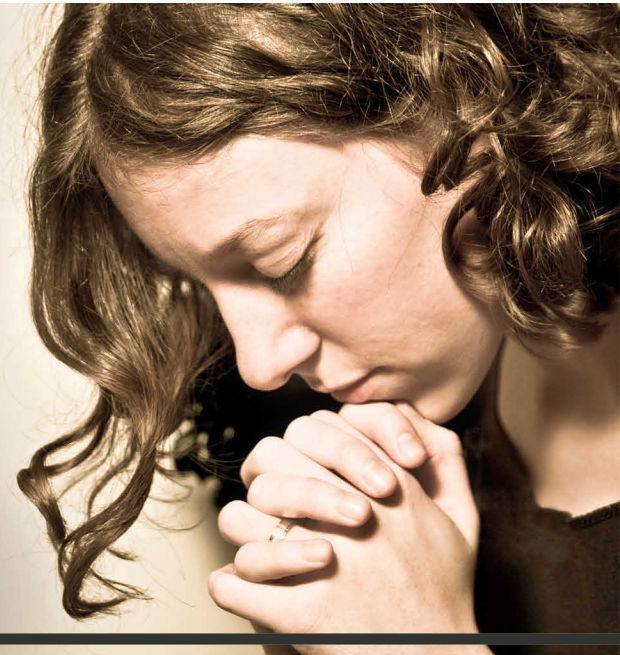
If you don't believe correction brings the end of guilt - ask yourself this question. If you knew beyond shadow of a doubt you would never do what you did again... what would there be for you to feel guilty about? That's right, nothing.

WHAT IF

You knew beyond a shadow of a doubt you would never do what you did again - what would there be for you to feel guilty about? That's right, nothing.

TIP 04

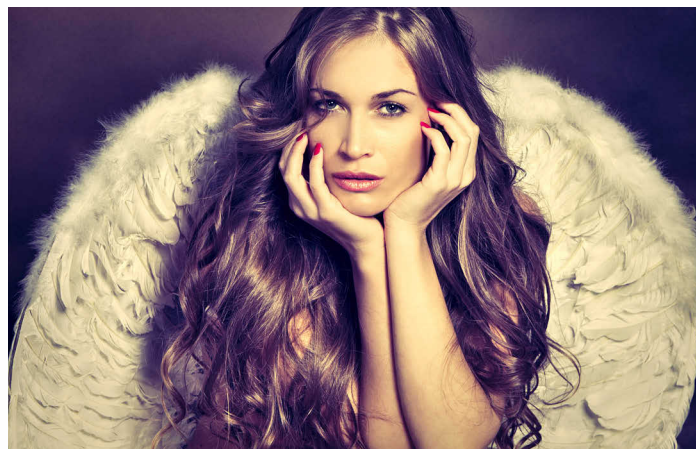
ACCEPT FORGIVENESS FOR YOUR MISTAKES



You know, if you have the mind to do it, you could nail yourself to the cross of your mistakes each and every day and no one could stop you. You could punish yourself for the rest of your life, and again, no one would come to free you. And if you choose to, you could drag around the baggage of self-hate, self-loathing, shame and self-blame, from relationship to relationship, from now all the way to the grave. No one could make you give it up.

THE ONLY QUESTION IS: WHY WOULD YOU CHOOSE TO?

Hopefully you don't want that. If not, the only other option is for you to release those burdens, and free yourself from the guilt of the past. To do that, you only



need to do one simple thing: **Accept forgiveness for your mistakes.**

It's a simple task; but not always easy for us to do. Why? Because so many of us are raised with the idea that forgiving ourselves is taboo, wrong or arrogant. And yet, nothing could be further from the truth.

So, if you struggle with the idea of accepting forgiveness for your mistakes - consider this:

- You are a human being. You are subject to making mistakes. (In this, you have no choice. Therefore, mistakes both big and small call for forgiveness.)
- You did not invent mistake-making. (Therefore, take no credit. Simply learn and move on.)
- Perhaps most importantly... know this. **The reason for forgiveness is mistakes.** In other words, without mistakes there would be no reason for forgiveness. If one exists so must the other. This means if you can have one... you can also have the other.

MY SUGGESTION.

Think about it like this. If you had a raging fire in your basement, hopefully you wouldn't stop to question or analyze why (or if) water is the appropriate response - you'd just douse it. Think of forgiveness like water and your past mistakes like fire. Never hesitate to use one to overcome the other.

**IF GUILT IS THE FIRE,
FORGIVNESS IS THE WATER.**

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TIP 03

MAKE CHANGES - NOT EXCUSES



Try to answer this: Based on what you can remember, what thought did you have that allowed you to believe (either consciously or unconsciously) that engaging in an affair (something you knew to be wrong) might somehow lead to a right result?

Don't just blow this off. Stop reading for 2-3 minutes, and allow yourself to go inside and truly think about that question.

WELCOME BACK.

What did you notice? If you were able to work backwards along the affair timeline, you should have been able to distinguish three very distinct moments.

The first moment is the time when having an affair was not okay with you. The second moment was when having an affair became something that you could do. And the third moment was when the affair became all right in your mind. Notice the progression: Not okay... might be okay... is okay.

The question is this.

How do you make the leap from one state of mind to the other? What allowed you to do that? The answer? Some type of excuse or rational-lie. Notice the spelling (RATIONAL-LIE). In other words, you found a way to

rationalize your actions and that rational-lie gave yourself permission to proceed.

WHAT IS A RATIONAL-LIE?

It's a false argument that you used to give yourself permission to proceed with a wrong action. Here's the thing about rational-lies: They are usually logical, convincing, and often laced with kernels of truth. And yet, they are false arguments. How do we know this? Because they are used to "justify" wrong actions. Anything that is used to justify a wrong action... is a false argument (a lie).

HERE'S THE THING...

As long as you believe your own excuses and rational-lies (and defend them), the guilt persists. Because there are two sides to every lie. And while you can lie to others, you cannot lie to yourself. So if you want to remove the guilt, you must also remove the excuses and rational-lies that allowed you to take wrong actions in the first place.

MY SUGGESTION

Make a list of the rational-lies and excuses you used to give yourself permission to cross the line in the first place. Then decide never to use them ever again.

TWO SIDES TO EVERY LIE

the side you tell others
and the side you tell yourself



TIP 02

MAKE AMENDS - NOT PROMISES



When we get in trouble, we often try to make bargains to get ourselves out of trouble. We bargain with God... “*Lord, save my marriage and I’ll never do anything like this again.*” We bargain with our spouses... “*If you forgive me, I promise to change.*” Sometimes we even bargain with ourselves... “*If I survive this, I’ll never look at porn again.*” The question is, does this work? Does bargaining inspire us to change? I’m not sure it does.

Here’s the problem with bargaining in times of trouble. It requires the other (God, your spouse) to first grant what you want (forgiveness, salvation, mercy) and *then* in exchange for getting your way, you will *then* do something in return (good behavior, change, etc.).

Notice anything wrong with this transaction?

Maybe you did. It requires the other “to give first,” and therein lies its biggest weakness. Since the wish has already been granted, the incentive disappears. This is why so many promises made in *good faith* and so many bargains made with *good intentions*, wind up becoming a graveyard for empty promises.

MY SUGGESTION?

Instead of making promises or bargains – focus on making amends. What do I mean by making amends? It’s about taking deliberate actions or steps with the intention of righting a wrong. In other words, less telling, more doing. Less promises, more results.

DO THIS:

Ask your partner what you can do to make amends and help restore the balance of power. And then do it. Now, don’t be surprised if you have to ask this question more than once (sometimes, even multiple times) before your partner realizes you’re serious.

What
can I do
to make this
right?



TIP 01

FOCUS ON REDEMPTION (NOT REGRET)



Here's the thing... You can't be a better person in the past. You can however, become a better person in the future. So the key to ending guilt and accepting forgiveness for your past indiscretion is to shift your focus from punishment to correction; from making excuses to making changes. In other words... make the next chapter of your life all about redemption - not regret.

A COUPLE OF THINGS TO KEEP IN MIND:

The *ability to forgive yourself* is a sign of emotional maturity. But the *inability to forgive yourself* is a sign of immaturity. In other words... the immature person cannot forgive themselves. Why? Because they place a higher importance on problems rather than solutions.

Self-forgiveness is the act of accepting forgiveness for our mistakes. Notice the word "accepting." This means forgiveness is already given. Now it's just a matter of accepting what you already have. And perhaps the most important thing to keep in mind?

THERE ARE NO EXCEPTIONS TO FORGIVENESS.

When it comes to forgiveness, no one is excluded. Therefore no mistake is too big or small. Your only job? Don't exclude yourself from the gift of forgiveness.

FORGIVE YOURSELF

Because while you can't be a better person in the past, you can be a better person in the future.



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FINAL THOUGHTS



Now, you've come to that moment where you must decide how much of what you've learnt you'll take with you and how much you'll leave behind. And I have faith that you'll take with you exactly what you need to make that shift from guilt to correction, and from regret to redemption.

BECAUSE, HERE'S PART OF WHAT I KNOW FOR SURE.

Your ability to accept forgiveness for yourself comes down to the degree of importance you attach to being happy again. Because at the end of the day... that's what the end of guilt really means: Your return to happiness. And to help accelerate that process, here are my top 3 suggestions.

MY TOP 3 SUGGESTIONS FOR YOU

1) Print the **10 tips on self-forgiveness infographic** (see next page) and then use it as a visual guide to help you stay the course.

2) Enroll yourself into my **Wayward Rehab home study program**. I strongly believe it's a positive step in the right direction for you, because not only will you learn my exact steps for canceling guilt and forgiving yourself, you'll also learn what you can do to make yourself more immune to temptation than ever before.

3) Finally, be sure to take the time to answer the **process questions** (see last page). This will help you go deeper into your own psyche to uncover and remove hidden obstacles to forgiving.

Do this and I have faith that they will help to accelerate your own healing and restore your heart to a place of love, trust and compassion.

Until we speak again,
Remember... Love Wins!

10
TIPS

FORGIVING YOURSELF

AFTER HAVING
AN AFFAIR

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DON'T
MISTAKE
GUILT FOR
REMORSE.

10

8 PUNISHING
YOURSELF
DOESN'T MAKE
YOU A BETTER
PERSON.

7 BURIED
GUILT
IS TOXIC.



3 MAKE
CHANGES -
NOT
EXCUSES.

2 MAKE
AMENDS -
NOT
PROMISES.

9 MISTAKES
CALL FOR
CORRECTION-
NOT GUILT.

6 DON'T MAKE
IDOLS OUT OF
YOUR
MISTAKES.



5 SELF-
CORRECTION
IS THE END OF
GUILT.

4
ACCEPT
FORGIVENESS
FOR YOUR
MISTAKES.



1
FOCUS ON REDEMPTION
(NOT REGRET).



NEXT STEPS



Register for my
**WAYWARD REHAB
INFIDELTY RECOVERY**
HOME STUDY COURSE

- ✓ Overcome mistakes
- ✓ Make amends
- ✓ Self correct
- ✓ Cancel guilt

**LEARN HOW TO
ACCEPT FORGIVENESS
FOR YOURSELF**

CLICK TO GET ACCESS

PROCESS QUESTIONS

EMBRACING SELF-FORGIVENESS

Anne Frank became famous for keeping a diary during the Holocaust. What many people don't realize is that writing is a powerful way of processing pain. So, although Anne didn't have a therapist, she did have a way to process what she was going through. I suggest you do the same. Start with these 3 process questions and don't stop here. Keep your own journal. You'll find it can help you tremendously. And should you decide to work privately with me... then bring along these notes, because I have found working directly with you using the reflections you've written down is a more effective way to go.

QUESTION #
01

There are many sides to every story. There's your side, your partner's side, and the side of the other people involved. It's only the absence of empathy that creates conflict (not the absence of truth). In this exercise, try retelling the story... but from your partner's side (write down what happened as if you were him or her).

QUESTION #
02

In one of his most famous lines, Shakespeare's Hamlet says, "I must be cruel, only to be kind." Many people who've been hurt use this as permission to be cruel. Describe here some things you've said or done recently where you feel you, too, had to be cruel to be kind.

QUESTION #
03

One of Robert Frost's most famous poems is about a man who takes the road less traveled. And there's no doubt that forgiveness is the road less travelled. However, chances are, this isn't the first time you took the less-traveled path. Describe a time before now, when you've gone against conventional wisdom and won.

“

**THERE'S A BIG DIFFERENCE
BETWEEN BEING A BAD PERSON
AND BEING A PERSON WHO
HAS MADE A BAD JUDGMENT.**

”

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