



Self-Forgiveness When I'm Not Perfect

NVC Chapter 9 (Part 1): Connecting Compassionately with Ourselves

THE ACTION

1 Stimulus



I did something that I regret. What is the observation (e.g., something I did or said)?

I am having reactions.
Notice them.

This is the space for my reactive thinking!
Say my thoughts **out loud** with energy.
Let them be heard. I own my stories!

2 Judge

Write down my judgments about myself and why I shouldn't behave this way (e.g., "I should've been more caring").

3 Defend

Write down my justifications for why I did what I did (e.g., "I had to do it. She deserved it. She should apologize").

"I'm telling myself..."
"I've got a story in my head that..."

NVC Mourning

What needs of mine weren't met when I have been less than perfect. What's behind my self-blame?

NVC Self-Forgiveness

When I end up regretting the way I behaved, what need of mine was I trying to meet? Bring my awareness to how I was making the best decision I could in that moment.

What am I longing for? What request do I have for myself? How can I remember this?

- Mourning in NVC is the process of fully connecting with the unmet needs and the feelings that are generated when we've been less than perfect. It's an experience of regret, but regret that helps us learn from what we've done without blaming or hating ourselves.
- NVC self-forgiveness is about connecting with the need we were trying to meet when we took the action that we now regret.