



# Self-Forgiveness When I'm Not Perfect

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

### 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.

### 2 Self-Judge (Blaming self)

Write down my judgments for why I should/shouldn't behave this way (e.g., "I should've been more kind.").

### 3 Self-Defend (Blaming others)

Write down justifications for why I did what I did (e.g., "Her comment hurt me. My action is justified.").

Behind my self-judgments, what was I longing for?  
When I have been less than perfect, what need weren't met?

Behind my self-defense, what was I longing for?  
When I regret what I did, what need was I trying to meet?

NVC Mourning

NVC Self-Forgiveness

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

- Mourning in NVC is the process of connecting with unmet needs and feelings when we believe we've been less than perfect. It's an experience of 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.