# Forgiveness of Self Therapy

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# Three Things we do in Hypnosis

As you will remember -- ---There are **three** things that we can do together whenever we do hypnosis.

1. First, I can talk and you can simply follow instructions,-- and by doing that you are already creating a nice level of hypnotic relaxation.
2. Second, --you can think about things that I suggest to you.
3. Third, --we can focus on feelings.

# Setting up the round room

“And now I would like you to use these three abilities that you have,-- to think about what I ask you to think about--- and to feel what I suggest to you to feel about.

I would like you to now imagine—--a round room of a comfortable size,--- with two simple straight-backed chairs in the center of the room.

These chairs are just a few centimeters a part. Now,--- using the magic of the mind I’d like you to imagine how there are 2 parts within you – 2 parts you know very well- - one is what you would call the self-- and the other, --your mistake making part.—and as you know from so many situations –and experiences – they are often in conflict with each other.

Now I’d like you to imagine ---how those parts are separated into 2 – and at my count from 1-3 - the self will take a seat in one chair,--- whereas the part of you that we will from now on refer to as--- the mistake making part,--- seats itself in the other chair – the chair which is the listening chair .

As you will remember from our last session-- whoever we place in the listening chair,-- cannot get up, ---or speak or do anything unless you or ---I ---give permission to do so.

“In a moment I am going to count from 1 to 3-- and when I get to 3--- I like the self move into that one chair - while the mistake making part takes a seat in the listening chair –

OK-

* 1. imagine how the self moves into the chair,--
  2. The mistake making part moves into the listening chair
  3. And you are ready to begin

**Good--Now –You have the great opportunity to express all that you are thinking-- and feeling to your mistake making part--- but what you say must be true.**

# Filling the platter of pain (for the MMP)

OK—now that you have this opportunity – I don’t want you to hold back –imagine how you can tell your mistake making part what it feels like – to be struggling with all that negativity – all those unhelpful emotions— all that fear --all those things you want to do – but feel you cannot – because the mistake making part is holding you back---(tell him/her whatever comes to your mind…..)  
**Encourage the client to express real feelings such as anger, sadness, guilt, regret, hate, etc.**

*Tell her/him* **(use information from previous session)**

1. *What makes you feel angry --- You make me angry when…*
2. *What makes you feel sad--- You make me sad when…*
3. *What makes you feel guilty--- You make me feel guilty when…*
4. *What makes you feel hate-- You make me feel hate when….*
5. *What makes you feel regret--- You make me feel regret when….*
6. *What makes you feel hurt--- You hurt me when.....*
7. *You make me feel.....*
8. *You made me think....*
9. *Because of you (I missed out on, etc.)*
10. *You started hurting me a long time ago when…*

# Client becomes Mistake Making Part

“Now—---listen carefully---*Follow my instructions instantly and automatically.”* **(Firmly touch head like in an instant induction and say)**

*Using the power of your imagination ---at the count of 3 --- I want you to be the Mistake Making Part.*

OK- ready –1—2—and 3---be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (*the Mistake Making Part)*

# Mistake-Making Part becomes the Protective Part

OK- now —Let me ask you a few questions-- So—I’d like to ask the mistake making part – Why are you thinking like that? What benefit does it offer?

Good now--- I’d like your subconscious mind to listen carefully and understand some very important message here now---

# Forgiveness of Self Script

You see- deep down –in your sub-consciousness mind ---you know fair well that -- in order to fully appreciate ‘up’-- we need to understand ‘down’ – is it not? – well--- think about it -- to know ‘hot’ – we must know ‘cold’----- without left – no right - - and to go even further -- to experience that which is ‘good’ -- one needs to experience ‘bad’ somehow – how else would we otherwise know-- what it is --that we are experiencing – right now? - How else would we come to understand --all that --we don’t want – and all that -- which we no longer need? – As you know- a smooth sea never makes a skillful sailor – and without two ends there cannot be any middle ground.

And your subconscious mind knows very well what it all means –—just as it knows that without your conscious mind -- there would be no way for us -- to be aware of our subconscious mind— because how could we be aware of it any other way – other than by being conscious of it? -- and so -- even though your conscious mind may still try to reason in its own unique way --to make sense of it all –

And as you do – you probably come to realize-- that all has its purpose really – even though true purpose is difficult to understand at times – because purpose is what you make of it - and that is perfectly OK too…. Because there comes a time where we understand on a much-- much deeper level--- that whatever happens – happens for the simple reason-- of creating as many different experiences as possible – so that we have as many different choices as possible – to create a life of our own choosing – to understand that– through understanding –who we are not – we come to know who we are….and so on an unexpected level it all makes sense

And as you clearly understand more and more-- who you are not – there is no more – or no longer any reason to hold on to something-- that had the purpose of showing you-- who you are not – because you know now-- who you choose to be -- and as your conscious mind still thinks about the meaning of these words---

In a moment ---your sub conscious mind can let go now --of all those old ---outworn unwanted believes that have kept you –perhaps--feeling regretful –guilty- unwanted – or unworthy– for far too long—because you are starting to understand—that this is what is no longer needed-

You are starting to understand that holding on to such thoughts and feelings no longer serve you- that these thoughts and feelings have no place here anymore – because as you know fair well – and have known fair well on a much deeper level—all along ---holding on to feelings of guilt and regret- prevents you not only from loving and respecting your true self—it just as much prevents others from their need of loving and respecting you ––and so---nobody is helped either way – nobody wins.

And even though part of you may still feels perhaps undeserving – on some level – Part of you knows-- that by not moving forwards from that which has past – the circle remains firmly closed – and you will have to repeat the cycle endlessly – and without respite – and you will find that all that changes-- are nothing more than the players – but not the game – no matter how hard you try to escape from it all—So is it really worth holding on to all that?

Think of the example of a child -- that does not get the love it needs -- because of a mother feeling unworthy of giving it – wasn’t the mother that now feels unworthy a child once -- that deserved just as much love, - care and attention? So..what if she didn’t receive it back then just as much as she is now incapable of giving it?

So – what do you think will happen-- if the child of that mother- will be a mother or a father one day too? --Would he or she know how to give the kind of love --that is needed without having experienced it? -- And so another generation is affected by those who cannot forgive themselves --because they feel unworthy of being loved.

- As you can see – this is how the circle remains firmly closed – it is so with many things – and so the self abuse continues – until we stop –

And so - One could ask –what came first? the chicken or the egg? Who was first-- and who was last - But then again - does it really matter who-- and what came first --when it all belongs to the same cycle?

And so – I like you to listen carefully now – for I will tell you a secret that many don’t know – so I want your subconscious mind to understand - that ---now--- is all there is. Everything is in the now – the past the present and the future – it is all here with you right now – And so - All one really has to do—to step out of the cycle -- is making the call right here-- right now—making the first step – to change everything—from here on – you are the one taking the responsibility – you are the one stepping out of the cycle- imagine yourself stepping right outside of it – right now –

And even if you may be consciously a little unsure – of the why or how -- your subconscious mind understands it all clearly now – and so you come to realize very soon - --that this is a new beginning for you – and this beginning is now—towards a you- that you have never experienced before – a glorious you – a confident you – a victorious you – someone with a purpose – and you are ready – ready now to eliminate that which holds you back – once and for all – right now –

# Locating Issues

And now......as you stand outside the cycle – there where you are right now--- in a moment.....when I will be silent for a while – In a moment when you hear me counting down from 3 to 1 -- I’d like you to search deep inside – and locate all your feelings of regret –guilt – or any other feelings-- that you know – need to be addressed here today – that which holds you back – from becoming --the one that you know you can be -- all those feelings – that have never really served you --other than for the purpose of showing you who you are not--

So – search deep and wide now – for all that – which no longer serves you – let come up whatever needs to come up – bring up -- all that which tries so hard --to keep you in a cycle that has nothing to offer anymore – let your subconscious mind locate those feelings and those thoughts -- that you know – no longer serve you – whatever they may be---– however they may present themselves-- whether they are snippets of thoughts – disjointed pictures – voices - sounds – or scenes as vivid as pictures in a movie - just let come -- whatever comes to you there now ––your subconscious mind – in its own unique way will make perfect sense of it all – without you even being consciously aware of it all----

while I -- will be silent for a moment – OK – 3-2-1

*wait 2 minutes*

# Re-framing old thought pattern

Good – and whatever it is that comes there to your mind right now – in a moment – when you hear me counting down from 3-1 again--- I want you to take the opportunity ---to forgive yourself for all that – that you know – deep down – you need to be forgiven for – so that you can move on from here – yes – your subconscious mind knows fair well what that is – let go all that which made your life so much more difficult -- than it needed to be –---because part of you mistakenly thought that this is ---what you deserve –or perhaps you may even have – for some reason or the other- come to believe that you are not worthy of a happy – more fulfilled – life –

But now you understand that this is no longer you – you are outside the cycle – right now – and so your heart fills with joy – because it knows -- that this is a new beginning for you – and this beginning is now—towards a glorious you – a confident you – a victorious you – someone with a purpose – and you are ready – ready now to eliminate that which holds you back – once and for all – right now – and allow yourself to feel the excitement of a new beginning – a better way – filled with hope -

In a moment – when you hear me counting down-- from 3-1 --- I like you to tell yourself – in the most sincere way - from the bottom of your heart and your soul –

* I forgive myself – I am letting go -- as many times as possible –

Yes- I forgive myself – I am letting go

and as you do - allow your subconscious mind to cut loose -- those feelings-- that have held you back --for far too long – so that they can drift away –like logs of wood – drift down a mighty river – with a current so strong – that it would easily wash away anything-- that stands in its path. So – will you cleanse yourself – of the logs that have hindered you up until now -- from becoming the one that you know you can be --

# Process

So-----get ready to letting go now – of all those old –outworn-- unwanted believes –get ready for a new start ---a better way for you – from now on – from 3-2-1-

I forgive myself – I am letting go

(wait 2 minutes)

Good - I’d like to ask the subconscious mind to listen carefully now – and understand –that you have learned what there was to learn – from the situation --- you have understood what there was to understand –-- because you understand – that all things – large or small – all have their reason – even though it may not seem that way at times—

Understand –and remember that your subconscious mind knows – and has come to accept - that you are perfectly worthy – you always have been-- understand that you are always loved and included– that your home is where your heart is–

because you realize and come to accept more and more-- who you are – naturally – automatically –you are starting to see the world in a much more positive light—self accepting – and –from now on --you need nobody but yourself to make you feel that way – accepting – understanding– being you – with all that that makes you --you – because your heart is your guide – wherever you may go

and so you can welcome your much better – more accepting way of being truly yourself – accepting –always remembering – that you are perfectly worthy – feeling calm and confident – and to your surprise you will discover –that that confidence grows day by day – hour by hour – because you are in control –because you are complete--– just letting it all go –accepting yourself completely—

**Projection words: I forgive myself**