

Ally - Forgiveness & Self-Compassion

1. Revisit limiting beliefs from Infrastructure for Change and the Competing Commitment they served.
 - a. Recognize that they are not true and that they no longer serve you.
 - b. Thank them for serving the commitments they did.
 - c. Recognize that you are not them but something beyond them.
 - d. Let them go in favor of better adapted beliefs.
2. Revisit active fears from Identifying Triggers and the part you played in the events that gave rise to them.
 - a. Recognize them as responses to past pain and as ineffective guides for your current life.
 - b. Thank them for protecting the wounds they did.
 - c. Recognize that you are not them but something beyond them.
 - d. Tell them you won't ignore them but that you will also not act on them.
 - e. Commit to speak to them in future as you would to a frightened child.
3. Revisit those who contributed to the pains in Identifying Triggers and forgive them to lighten your burden.
4. Consider your old story, the outer layers of your former self and the part you played in key events.
 - a. Recognize that you are not the outer layers. They are temporary and can evolve or be replaced.
 - b. Forgive your earlier self for its part in your pain and mistakes.
5. Recognize and trust your core self as wise and free to create the life you want.