



## Take yourself off the hook

This tool is all about self-forgiveness, self-acceptance and being in the present moment.

When you find yourself going back in your mind to a past moment, where you did something that you regret, and you find yourself re-living the moment, experiencing the pain of the past, reciting the famous "would have, could have, should have" song;

Take a couple of deep breaths and remind yourself that you did the best you could in the moment, and no matter how much you regret that situation, the only thing you can do, is to learn from it, and keep moving forward.

Then close your eyes and visualize taking yourself off the hook.

Give yourself (that little boy or girl who didn't know a better way at the time) love and compassion.

Keep in mind: life is a journey of continual learning and growing, we are meant to make mistakes in order to really understand things, at a cellular level.