

Self-Forgiveness Workbook

REBT + Scripture-Based Healing Guide

Instructions: Set aside time daily. Write your answers. Be honest. Use Scripture to challenge your thoughts.

1. Guilt vs Shame

Guilt = I did something wrong

Shame = I am something wrong

Reflection: What am I feeling? Where did it come from?

Scripture: Romans 8:1

2. REBT ABC Model

A: What happened?

B: What did I believe?

C: What did I feel?

Write your answers below:

3. Challenge Your Thoughts

Is this belief true?

Is it helpful?

What evidence contradicts it?

Scripture: 1 John 1:9

4. New Beliefs

Old belief: _____

New belief: _____

Scripture: Psalm 103:12

5. Identity in Christ

I am forgiven

I am not condemned

I am a new creation

Scripture: 2 Corinthians 5:17

6. Daily Practice

Day 1: A:___ B:___ C:___ D:___ E:___

Day 2: A:___ B:___ C:___ D:___ E:___

Day 3: A:___ B:___ C:___ D:___ E:___

Day 4: A:___ B:___ C:___ D:___ E:___

Day 5: A:___ B:___ C:___ D:___ E:___

Reminder: You are not your past. Healing takes time.