

# INTO THE ARC - EPISODE 5

## *Learning How To Forgive Yourself*

### 01. THE CHAPTER YOU KEEP REPLAYING

What situation, relationship, career, or season of your life do you keep mentally visiting?

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What part of it are you still struggling to forgive yourself for?

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### 02. HINDSIGHT vs. REALITY

Looking back now, what feels “obvious” to you?

- The red flags
- The burnout
- The incompatibility
- The manipulation
- The identity loss
- Other: \_\_\_\_\_

Now ask yourself honestly:

Did the version of you living through it have the same knowledge, experience, or emotional clarity you have now?

- Yes     No

### 03. THE SURVIVAL SELF

What behaviors did you develop to emotionally survive that season?

- Overachieving
- Emotional detachment
- Perfectionism
- Hyper-independence
- Staying silent
- Constantly proving yourself
- Avoiding conflict
- Overexplaining
- Other: \_\_\_\_\_

### 04. THE TIMELINE REFRAME

Finish this sentence honestly: I keep punishing myself for not knowing \_\_\_\_\_ earlier.

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Now reframe it: How could I have known before experience taught me?

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### 05. THE SHIFT

What would forgiveness look like moving forward?

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*Forgive yourself for not knowing earlier what only time could teach.*