

The E-Factor

Progressive Synergy Coaching & Consulting Group

Volume 22

Self-Forgiveness



Last month's issue discussed forgiveness, and how forgiving others releases the catabolic energy of judgment in order to allow ourselves to move forward. This month, we'll take a look at self-forgiveness, an infinitely more difficult, involved, and potentially rewarding process.

Self-forgiveness, an infinitely more difficult, involved, and potentially rewarding process.

How many of us beat ourselves up, over and over again, about – well – everything! I should have done this differently or better, I shouldn't have done that at

all, I shouldn't have said what I did, I should have expressed what I really felt. If only I were a better person (mother, father, spouse, friend, coworker, boss) I'd have reacted differently, if only I had studied harder, if only I had cared more, if only I had cared less. Why didn't I take a stand, why didn't I reach out to a friend? Should have, shouldn't have, if only, why didn't I...and you can fill in your own words. However, you phrase the thoughts that you castigate yourself with, it's catabolic energy that keeps you stuck

and holds you back.

We have an easier time forgiving other people than we do ourselves, because we don't personalize other

Welcome



Welcome to the E-Factor newsletter. This newsletter is an educational tool to help you get the most from your Energy Leadership assessment and your coaching program.

The "E" in E-Factor represents energy—the energy of success. I hope that by reading these newsletters, the success I'm talking about will be your success.

Sincerely,

Belda R. Villalon

Founder & CEO



Progressive Synergy
Coaching & Consulting Group

people's actions as much. It's often easier to feel compassion towards others, because we can rationalize that they were doing the best that they could at the time (which is true!). But it's more difficult to extend that compassion toward ourselves.

When our inner critics tell us that we're not good enough and that we've done something wrong, many of us believe the words that our gremlins speak to us. It's tough to forgive yourself if, at your core, you believe you're not good enough. Self-forgiveness begins when you allow yourself to understand that you are good enough and that in fact, you're perfect. Bruce D Schneider, founder of the Institute for Professional Excellence in Coaching (iPEC) defines perfection as "unique unto itself." So each of us is

perfect, and although we sometimes do, say, or think things that we wish we hadn't, a key to self-forgiveness is not to judge ourselves because of that – to have compassion for ourselves. Instead, when we notice that something doesn't really feel good, we can look at it as an opportunity to grow and say, "What is it that I'm doing here that doesn't fit into my puzzle? What's not working here for me?" and then, to just simply make an adjustment.

Highly conscious people see things that don't work out and grow from their experiences. They don't give heed to, and in fact, many don't even hear, that inner critic. People with a lot of catabolic energy, however, have their deepest fears reinforced and they continue the cycle of self-blame. Isn't it time to break the

cycle? In the words of Saint Francis de Sales...

Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them - every day begin the task anew.

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