

Moving Forward: Six Steps to Forgiving Yourself and Breaking Free from the Past By Everett L. Worthington Jr. I recommend you read it if you have been struggling with guilt.

Guilt was the most debilitating force I experienced in my life which attributed to my becoming a housebound agoraphobic. Moving Forward - Six Steps to Forgiving Yourself and Breaking Free from the Past examines the difference between real and unwarranted guilt (those things we have no control over but blame ourselves). Worthington explores the tragedy of his mother's murder and brother's subsequent suicide with the aching beauty of one who has faced suffering doubt pain and self-loathing in the midst of the unquenchable grace of God. In exploring this Worthington develops six steps toward self-forgiveness: 1) Receive God's forgiveness; 2) Repair Relationships; 3) Rethink the Message You Send Yourself; 4) REACH Emotional Self-Forgiveness; 5) Rebuild Self-Acceptance; and 6) Resolve to Live Virtuously. Many of us sit and dwell on past wrongs we have caused to others these six steps can be very helpful in delivering us and guiding us toward being the people of grace that God has created us to be. Everett Worthington identifies six steps to forgiving yourself:

Receive God's forgiveness· Repair relationships· Rethink ruminations· REACH emotional self-forgiveness· Rebuild self-acceptance· Resolve to live virtuously Weaving his own story of struggling with his brother's suicide and his overwhelming feelings of regret together with psychological insight scientific research and biblical truth Dr. Although this excellent book was not available when I was younger I was able to obtain a stellar psychologist who helped me through my dark period and I successfully overcame my depression and agoraphobia,

We are brought closer to holiness as we seek to live virtuously in reflection of our Lord: This is a great place to conclude whenever we approach the topic of forgiveness and the need to be Christlike in our attitudes and actions: I received this book as part of the Blogging for Books program from Multnomah Publishers, There are many great points to help you in your journey to self-forgiveness, Two points that really hit me and are different from many other self help books are:1, Give yourself the same altruistic gift you would give other people-understanding and forgiveness. Commit to the emotional self-forgiveness that you experience in order to: Hold on to self-forgiveness of you ever soft that you have forgiven yourself. You have to constantly re-forgive because Satan likes to mess with our mind, 9780307731517 "I can never forgive myself.

Which makes it very engaging, Excellent resource! 9780307731517 A great read for anyone who suffers from the crippling shame and guilt of their faults and mistakes that prevents them from moving forward. The author specializes in psychological research on self forgiveness and self acceptance which he includes in the book. He also includes his testimony on dealing with shame after the death of his brother: There is a lot of heavy and complex ideas discussed in this book but he makes his 6 steps to self forgiveness very simple and understandable to anyone, This book has a spiritual aspect but since I am a Christian I find that it makes it an even more complete approach to self forgiveness: It's hard to find good self help books within the Christian market because they only use the Bible as the guide. I don't have a problem with the Bible it's just that when discussing psychological issues it's best to have a psychologist or research included in these conversations. I have been looking for practical steps to forgive others and forgive myself: This book was an answer to my prayers after I randomly picked it up at my local library, describes the beauty of the Gospel and Christ's death on the cross which frees us of the bondage of guilt. His book is a God Send for all those afflicted with doubts about forgiveness, He presents the reader with a path to stop beating themselves up over the past. Using Scripture as his basis.

It's a basic self-help book. Through the tragedies of both of these events Worthington developed a sense of guilt due to the fact that he was not there for his brother: He discovered a need to forgive himself for his felt responsibility in his brother's suicide: In exploring these six steps Worthington takes the reader through a necessary component of life. Many of us have left over guilt from one event or another in our lives. From a pastoral perspective I find many aspects of this book applicable

to ministry and how I not only forgive myself but assist others in this daunting task. The concluding step: Resolve to Live Virtuously is particularly important as Christians seek to reach the life toward which we are called, While we are not saved or forgiven by our own actions” she said, “Every time I think about it I get sick to my stomach. I also knew I could help her because I know that sometimes the hardest person to forgive is yourself, The partial truth about us is hard to accept: We hurt those we love, But the full truth about us is liberating and freeing: while we are more deeply flawed than we can imagine we also are far more valuable and cherished than we can comprehend. To reach the place of self-forgiveness we must embrace this truth. The gift of God’s acceptance frees us from self-blame guilt and shame: Worthington opens a clear path to freedom from self-condemnation to self-acceptance and most importantly to the full life that Christ promises: Moving Forward: Six Steps to Forgiving Yourself and Breaking Free from the Past Not a bad guide to dealing with self forgiveness, The book relies heavily on references to the Bible; so it is not for the more secular reader, 9780307731517 I don't struggle with forgiving myself but I work with a lot of formerly abused women who do: I believe the steps outlined in this book would be very helpful to these women: The author shares his very painful story in the book shame self-forgiveness and self acceptance: Guilt stops individuals from reaching their goals as they wade in self-loathing, Guilt destroys all self worth and can even lead to deep depression a nervous breakdown addictions and even suicide, For myself he sites examples of other individuals who have benefited by his tools. It's important for the reader to realize we all make mistakes and none of us are worthy of redemption but because of God's love we are saved through his Son: Guilt was meant to remind us to remain humble and if we fall that we ask for forgiveness and to go on and not repeat the same mistakes. Washington skillfully guides the reader to reach self-forgiveness and once this door is open you will be able to accept the loving forgiveness of God, Your burdens will be lifted and finally you will be able to love more freely with your new self-acceptance, It's time to move on and enjoy life as God wants you to, I am grateful for Waterbrook Multnomah for the opportunity of reading this in advance, Ev gets personal in this book but he also offers a strategy for self-forgiveness. 9780307731517 This is a thought provoking book. A nice mix between story and self help. His 5 steps are not unachievable but it it's a process.2.Forgiveness and self-forgiveness are not one-time actions. God gives us the power to cast him away. Clinical Psychologist Everett L. Worthington Jr. It is not written for atheists. 9780307731517 In Moving Forward Everett L. Worthington offers wisdom imbued with God's grace.” I knew that feeling. I had felt it due to my own failures and shortcomings. We fail to step in when others need us most. We do wrong—and we need forgiveness. From others and from God but also from ourselves. In this practical inspiring book Dr. 9780307731517 Guilt stifles and imprisons it's victims. Dr. This book is essential for a healthy self-esteem. I highly recommend . 9780307731517 This is a helpful book. I’ve published a longer review on my blog. 9780307731517

