



C&H Counseling Solutions

Services for: Individuals, Marital, Family, and Children



The Forgiveness Patter 2026

I cancel my need to be right.

I cancel my need for anyone or anything to change, or to be fixed by me, including myself.

I recognize that my perception is created from a pinhole lens for viewing the entire world.

I put my conscious, logical mind on the shelf for now.

I cancel any goals I may be holding in this moment.

I ask to be shown the hidden part of my own mind that is actually creating the upset I am feeling.

I ask to be shown how I may be blocking myself from giving or receiving Love.

Then:

I place myself in the most open, and allowing space I can manage to watch whatever images arise. If a memory from the past arises I ask: How old am I? Where am I? Who else is there? What is happening in that scene?

I simply trust that whatever comes into my awareness, however disjointed or confusing it may seem, is going to be part of what I need to see to begin to heal here and move forward.

I remind myself that it is all old stuff. It is just nerves firing in my brain, and as such it can't hurt me anymore than it already has. So, it is perfectly safe for me to study it up close as I let it wash over me. I allow myself to question any and all old conclusions, or beliefs I downloaded through that experience. I can bring my adult awareness to bear in re-evaluating those old negative beliefs and conclusions.

I just keep repeating, "I cancel my need to be right." I cancel my need for anyone or anything to change or be fixed by me, including myself. I take a few minutes to breathe and ask to be shown what my conscious, logical mind cannot show me. I trust that any thought, image, physical sensation, or emotion that arises will be part of what I need to see to heal here and move forward.