**How to Forgive Yourself When You Hurt Someone**

Have you hurt someone? Are you carrying around guilt, shame or embarrassment? Well, it's time to let go of that emotional baggage. It's time to heal. And the best way of bringing about inner-peace is to forgive yourself. Here's how.

* ACKNOWLEDGE what happened. Okay, you messed up. No one is perfect. Understand why you did what you did. Learn from the experience so you don't make the same mistake again.
* ACCEPT responsibility. Responsibility means the ability to respond. How do you respond to what happened? Apologize? Give compensation? Do what is both constructive and reasonable to remedy the situation.
* ASK for forgiveness. Ask for forgiveness from the person you hurt. You may be forgiven. You may not. Regardless, seeking forgiveness is a step toward healing the emotional wounds.
* FORGIVE yourself. Whether someone else forgives you or not, you must forgive yourself. It helps you come to terms with what happened. It helps you heal.
* MOVE on. What's done is done. Why dwell on the past? It doesn't change what happened. Learn from it, and move on.