

# Forgive Yourself: These Tiny Acts of Self-Destruction



## Forgive Yourself These Tiny Acts of Self-Destruction

(Button Poetry) by Jared Singer

★★★★☆ 4.7 out of 5

Language : English

File size : 1153 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 98 pages



This poem is for all the times you've let yourself down.

For all the times you've said you'd do something and then didn't.

For all the times you've promised yourself you'd change and then didn't.

For all the times you've given up on yourself.

This poem is for all the times you've been too hard on yourself.

For all the times you've criticized yourself for not being good enough.

For all the times you've compared yourself to others and come up short.

For all the times you've doubted yourself.

This poem is for all the times you've sabotaged yourself.

For all the times you've procrastinated on important tasks.

For all the times you've made excuses for why you couldn't do something.

For all the times you've talked yourself out of going after what you want.

This poem is for all the times you've hurt yourself.  
For all the times you've engaged in self-destructive behaviors.  
For all the times you've put yourself in dangerous situations.  
For all the times you've abused drugs or alcohol.

This poem is for all the times you've given up on yourself.  
For all the times you've told yourself you're not good enough.  
For all the times you've believed the lies that others have told you about  
you.  
For all the times you've let yourself down.

This poem is for all of that.  
It's for all the times you've hurt yourself, big and small.  
It's for all the times you've let yourself down.  
It's for all the times you've given up on yourself.

And it's also for all the times you've forgiven yourself.  
For all the times you've picked yourself up after you've fallen.  
For all the times you've started over after you've given up.  
For all the times you've believed in yourself when no one else did.

This poem is for all of that, too.  
It's for all the times you've forgiven yourself, big and small.  
It's for all the times you've picked yourself up after you've fallen.  
It's for all the times you've started over after you've given up.  
It's for all the times you've believed in yourself when no one else did.

So forgive yourself.  
Forgive yourself for all the times you've let yourself down.

Forgive yourself for all the times you've hurt yourself.

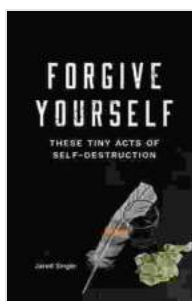
Forgive yourself for all the times you've given up on yourself.

And then forgive yourself again.

And again.

And again.

Because you deserve it.



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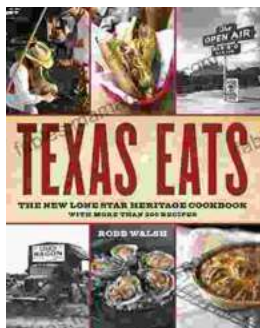
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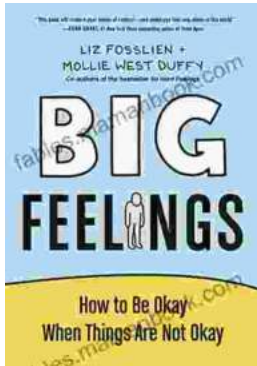
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