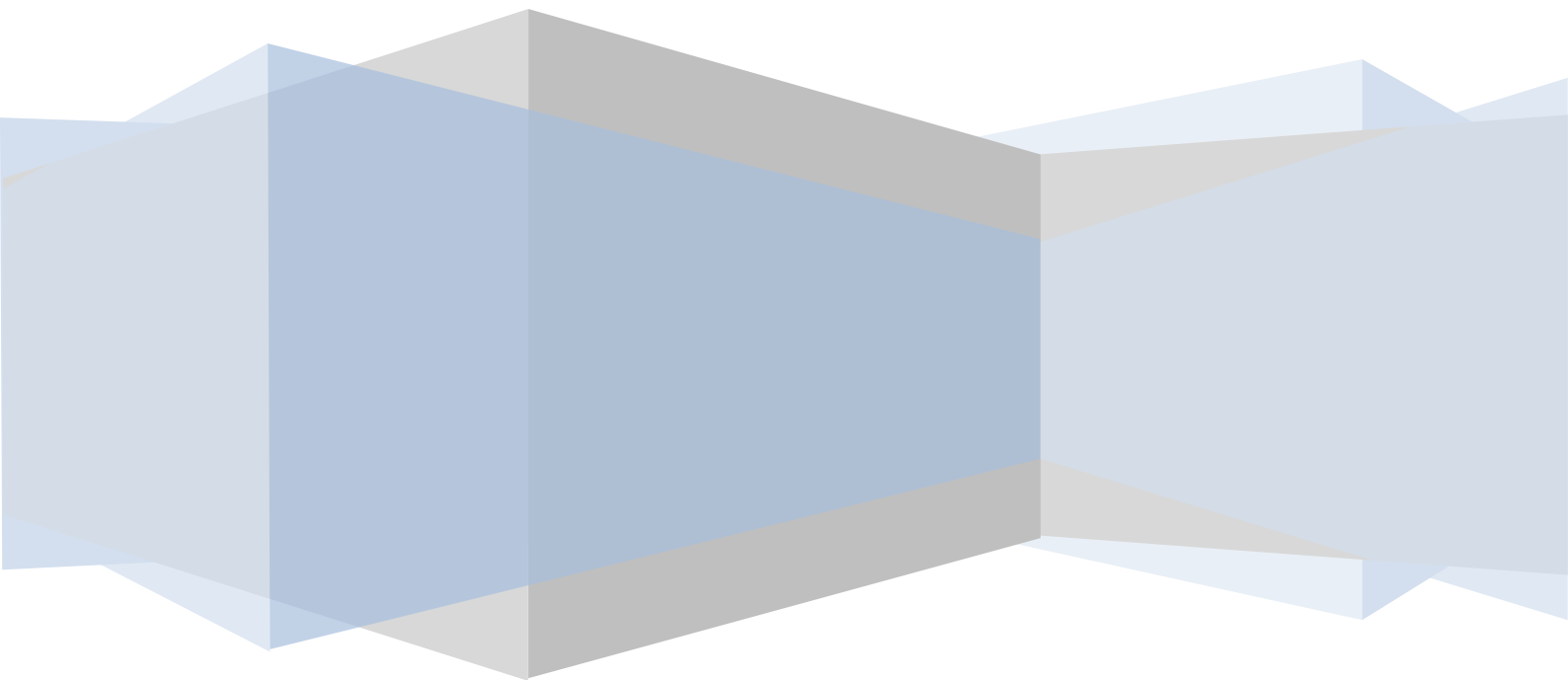


The Inner Coach

Asking Forgiveness

Keith Collins



I Ask Forgiveness in three different ways.

I am sorry for my insensitive state of being.

I apologise for my fears and the consequences of my false beliefs.

I ask for a pardon for my apparent wrong doing and my evil actions.

I am sorry for my emotional incompetence.

I apologise for my mental incapacity.

I ask pardon of my physical incapability.

When my magnitude of emotional power is depleted, I am sorry.

When my force of mental authority is compromised, I apologise.

When my potential ability is frustrated, I ask you to pardon me.

My lack of power, authority & ability is always forgiven.

I choose my own forgiveness.

I ask for everything that I am given.

Pardon Me is a plea for forgiveness.

It is a statement of my apparent wrong doing.

It is an admission of my guilt.

It is my conviction that I ask to be pardoned.

I can really only pardon my Self.

I pardon me when I change my belief about doing wrong.

I forgive my Self when I realise the reason for my actions.

Asking forgiveness of another is a statement of my obedience to their rules.

I do not have the authority to pardon another.

I have no reason to forgive another when I see the forgiven-ness of their actions.

When I ask another to pardon me, I give them authority over my life.

I do not live under the conviction of another.

I forgive my Self for believing another's convictions.

I pardon my Self because I am free to do so.

I Apologise when I cross someone's boundary unintentionally.

I conflict with another when my behaviour is unacceptable to them.

I apologise when I agree that my behaviour is unacceptable to them.

I apologise for them having to tolerate my behaviour.

I apologise for my indiscretion.

I apologise when I believe that I am in the wrong.

When I believe that I am right, I have no reason to apologise.

When I believe that I am not in conflict, I see no reason to apologise.

The inability to apologise is often the cause of conflict.

An apology is used to resolve conflict.

It is a statement of there being no intention to conflict.

I apologise for my behaviour when I do not intend the outcome of my actions.

My apology is a statement of my non intentionality.

I am sorry is a statement of my insensitivity.

Sorry is an admission of my being insensitive to another.

Insensitivity is a lack of awareness of someone else's emotional state of being.

I am either aware of someone's emotional state of being or I am insensitive to it.

Sensitivity requires emotional awareness.

Sorry is an admission of my apparent unawareness.

It is also a statement of my becoming aware of my insensitivity.

Unless I become aware of my insensitivity, I cannot apologise for my lack of sensitivity.

Sensitive people say sorry when they are aware of their insensitivity.

An apology is only required when another person lacks sufficient emotional energy to accept my behaviour.

The weaker someone else's boundaries are, the more sensitive I am required to be.

The stronger someone else's boundaries are, the more insensitive I am likely to be towards them.

I am never sorry for my actions, only sorry for my insensitivity to other people's boundaries and their need for emotional energy.

I never need to say sorry to someone with extensively expansive boundaries who has the emotional power to be unconditionally accepting of my actions.

Love is: Never having to say that you are sorry.

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theinnercoach@me.com

<http://www.theinnercoach.eu>