



Compassion for Yourself

I want to forgive myself

for reaching for the unreachable star

for being fragile

for being ashamed of my pain

for blaming myself for my misery

for striving after unattainable perfection

for turning against myself along with my persecutor

for closing my heart to myself

for rehashing hurtful accusations others made against me

for not being able to anticipate everything

for hating myself

In short, I want to forgive myself for being human.

John Monbourquette