

# How to Make Peace With the Scariest Parts of Our Past [VIDEO]

Forgiving ourselves for actions we feel guilty for is vital to keeping a healthy self-image and keeping peace with yourself and others. Until you can tell your story without getting heated, upset, or ending up in tears, then you have not yet healed and will still have the tendency to bring toxicity into your relationships. Awareness of this fact is the first step in changing negative behavior; however willingness and effort to change must be present or the ego will fight to the death to keep that skeleton scratching at the back of your mind.