

Forgiveness Worksheets

Step 1: The Basics

Who and what needs to be forgiven?

I want to forgive _____ for _____.

What feelings do you have as a result of this issue?

I am upset with you, _____ for _____. Because of this, I am feeling _____.

Now, let's release them.

I now choose to release my feelings of _____.

Step 2: Acknowledging Yourself

Do you recognize your own feelings without judgement? Yes / Maybe / No / Unsure

Do you take responsibility now for your own feelings? Yes / Maybe / No / Unsure

Step 3: Interpretation

What interpretations might have you made about the situation, that may or may not be real and imagined?

What negative beliefs have I made up or have been driving my actions?

- I am not good enough
- I am always left out
- People always abandon me
- It's not safe to speak my true feelings
- I will never get what I want no matter how hard I try
- I am alone
- I can't be loved
- Other:

Rate your guilt level from 1-10 (10 being the highest): _____

Step 4: Digging In

I am blaming myself for:

This situation makes me feel (circle applicable words):

Angry, disappointed, ashamed, weak, sad, depressed, fearful, apathetic, hostile, jealous, isolated, inferior, small, unimportant, forgotten, irritated, sarcastic, frustrated

This situation also makes me feel:

Step 5: Look ahead

After I finish my forgiveness, I hope to feel:

Step 6: Forgiveness

Consider how this situation could have come about to help you grow. How would forgiveness in this situation help you grow as a person?

Consider how this situation could be no one's fault. How does that help you forgive?

Consider how this situation could have a higher perspective or lesson to learn. How would forgiveness in this situation help you shift your perspective or learn from the experience?

I now release my feelings of
