

## The Forgiveness worksheet

### Step One: Preparing to Forgive

1. Open your heart and mind
2. Invoke your guardian angels, if appropriate
3. Create a safe and loving space

### Step Two:

#### A. Tell YOUR Story

1. Identify the Perpetrator/Offender
2. Identify the injury
3. Identify the injustice/grievances

I am (feeling) \_\_\_\_\_

with/at/of (offender) \_\_\_\_\_

because he/she (injury) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I want/desire/hope/wish that he/she \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## B. Feel YOUR Feelings

1. Thoughts \_\_\_\_\_
2. Emotions \_\_\_\_\_
3. Sensations \_\_\_\_\_
4. Tears            Allow tears to flow freely, if appropriate

## C. Release YOUR Pain

1. Make the **conscious choice** to forgive.
2. Inhale deeply through your nose and exhale completely through your mouth. If you feel like making some **sound** (e.g. argh), or shout, or cry, please feel free to do so.
3. Alternatively, you can visualize an **altar of love**, where you leave all your story, pain and desires behind, trusting the universe to take care of them as appropriate and best for all.
4. Repeat #1 – #3 as many times as required.

## Step Three:

1. Re-fill yourself with new, healing energy by inhaling through your nostrils and seeing this healing energy filling you physically, emotionally, mentally and spiritually.
2. Replace existing energy with unconditional love.

## Step Four:

1. Let go of YOUR story – Be willing to let go, Make the choice to let go
2. Surrender to the universe – Let go of the need to punish
3. Be grateful for the lessons