



INSTRUCTIONS: Please date the document and complete the exercise and work towards releasing the pain of any experiences. Review the document at the end of the course to witness how you feel.

FORGIVENESS EXERCISE

1) Do I think that the events of my past were my fault?

2) List of the things I believe were my responsibility.

3) [Reframing and Understanding] Since I cannot alter the past, how can I now reinterpret those events, and understand why they unfolded as they did?

4) [List of Things to Forgive Yourself For.] Here are the things I am choosing to forgive myself for:

5) [List of People to ask Forgiveness] These are the individuals from whom I need to seek forgiveness:

6) [List of People to Forgive] These are the individuals I need to forgive:

7) [Self-Forgiveness Statement] This is what I tell myself to offer myself forgiveness.

8) [Forgiveness Approach for Others] This is how I will extend forgiveness to those who have hurt me.

9) [Ways You Have Changed] These are the ways in which I have changed.

10) [Lessons Learned and Celebration Plan] These are the lessons I've learned from the past, and how I will celebrate letting go of the pain.