



CHAPTER 4 WORKSHEET: FORGIVENESS

Make a list of the events in your life for which you would like to forgive yourself. Whether it is a situation that you instigated or a hurt that you had no control over, if it is still consuming space in your life, write it down. If you are still angry or blaming someone else for something, get it onto paper. Don't spend days on this list. Just give yourself a few minutes and write what comes to mind.

1. Write about why you are angry. What are you blaming them or yourself for? What did they do to you? Get it all out, leave nothing behind.
2. What did you want in this relationship that was missing? What did you want but never had, either from yourself or another. It could be as simple as self compassion or being allowed to fail and not be perfect. It could be that you wanted a parent to love and accept you for yourself. What would the ideal relationship have looked like with this person?
3. Read what you have written out loud, then burn or destroy all of the pages.
4. Give yourself some time to grieve the process that you have just experienced.
5. Now write a letter to yourself, on some nice stationary or use your favorite pen. Forgive yourself for all the hurt and pain you suffered either by your own hand or someone else's. Maybe you are still angry about something that happened when you were really young and part of the forgiveness might be that you were young and couldn't stand up for yourself. That's okay. You can forgive yourself for that today and know that you are old enough now to protect yourself from any more harm, and let it go. In your letter, forgive the others that you were blaming for your past: it doesn't serve you to hang onto it at all. Know that we are all wounded and the best way to a great life is through forgiveness and gratitude. Forgive them. Forgive yourself.
6. Finish the letter with the things that you are grateful for. What learning did you receive as a result of the hurts and be grateful for that.
7. Put on your shoes and go for a walk to the mailbox, and mail this letter to yourself. Along the way focus on the love and forgiveness contained in this letter and mail it.
8. When the letter arrives back at your home, find a quiet moment to open and read it. Give yourself the gift of an attitude of gratitude and forgiveness.