



EXERCISE 1B: FORGIVING OTHER PEOPLE

People I Need to Forgive	How did they hurt me?	What role did I play in getting hurt? **	What did I learn from this situation?	How will releasing this improve my life? Am I ready to let go?

** If this person sexually or physically abused you, do not ask yourself what role you played. No one asks for or deserves abuse. If this is something that applies to you, and you haven't sought therapy, please consider healing that trauma with a trained counselor.