



EXERCISE 1C: FORGIVENESS STATEMENT

Use the insights in the Exercise 1B chart to create a Forgiveness Statement for people you are ready to forgive.

I forgive _____ for _____

I forgive myself for my role, which was _____

I learned from this experience that _____

I will use this lesson to make mine and others' lives better by _____

I let go of my resentment and fear and focus instead on gratitude for the lesson and the positive benefits it will have on my future relationships.
