Forgiveness and Acceptance Worksheet

Forgiveness:

The decision to release the negative emotions connected to a past event that has hurt us.

An emotional tool that helps us commit to moving forward and feeling better.

The way to let go of any resentment, bitterness, or anger that holds us back from personal growth and well-being.

Use this worksheet each week. Assign a level of discomfort to each resentment each week. So make sure you hold on to this. It will be your record of the progress you have achieved in resolving each resentment. This may be hard work, but you are worth it!

**What hurts do wish to overcome?**

In the space below, please list three resentments (three people, places, or things) that you are angry with, or wronged you, or hurt you in some way. And how badly they hurt you.

How badly (1-10) 10 is worst.

1. week 1)\_\_\_\_ 2)\_\_\_\_ 3)\_\_\_\_ 4)\_\_\_\_

2. week 1)\_\_\_\_ 2)\_\_\_\_ 3)\_\_\_\_ 4)\_\_\_\_

3. week 1)\_\_\_\_ 2)\_\_\_\_ 3)\_\_\_\_ 4)\_\_\_\_

For each of the above, how has it affected your feelings and behavior toward the offender?

1.

2.

3.

For each of the above, how has the offense affected you? Or changed your behavior?

1.

2.

3.