

Freedom to Forgive Worksheet

1. Tell your HURT story. This is called the triggering event.

Express your HURT out loud in one of the following ways:

- i. To the person who hurt you.
 - ii. To an empty chair while visualizing the person who hurt you.
 - iii. To a person filling in as a proxy for the one who hurt you.
- b. Keep is short and to the point:

i. "When you _____
_____."



2. Express the emotion you experienced or are experiencing now.

- a. "I felt _____."
(Make sure it's a feeling, not a belief.)



3. Where do you feel this emotion in your body? _____.
What color would you give this emotion in this place in your body? _____.
What shape _____, size _____, and weight _____.
Is this emotion in your body?



4. The meaning I made up about this event is "_____."
a. The meaning will start with a "you are" statement.



5. The belief I now have about myself is "_____."
a. The belief will start with an "I am" statement.



6. This reminds me of when...

(Tell the story of the first time you felt this emotion, thought this meaning, and held this belief about yourself. This will be from your childhood.) " _____

_____."

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7. Now make the link between the emotion, the meaning, and what you believe about yourself today when this old HURT gets triggered.
“ _____.”
 8. Take a moment and forgive yourself for making this up about yourself and identify the behavior you adopted as a child to deal with HURT of this nature. I realize that when
“ _____ happens and I feel _____, I believe _____ and then I _____.”
 9. I forgot who you really are. Think of the higher Self essence of the person who hurt you. Remember that like you they, too, are a spiritual being having a human experience and sometimes get tripped up by the ego. “You are _____.”
_____.
 10. And I forgot who I really am. Think of the higher Self essence of you as a spiritual being having a human experience who just had your ego triggered.
“I am _____.”
11. Reframe your experience to take the learning from it. What shadow aspect of your ego was just mirrored back to you that you can now see thanks to this person who hurt you? “ _____.”
 12. How have you hurt others in this same way but with different behaviors?
“ _____.”
 13. If people you have hurt are available for a clearing conversation, you could take this opportunity of self-awareness to ask for forgiveness. If this is someone who is unsafe or not available any longer, just ask in proxy: “Will you please forgive me for _____?”
 14. Now forgive yourself for taking on this hurt and owning it as yours and for any hurt you have perpetrated on another.

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15. Now list what you are grateful for with this experience and how you have grown:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Check back in with your body. How does it feel? Did the area of emotion clear up? If not, ask your body what it needs to come fully into relaxation and harmony with your heart, mind and spirit.