

Forgiving is Living Worksheet

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NAMING

1. The emotions that bring me peace + happiness are:

ACKNOWLEDGING

2. The situation or person I need to forgive is:

REALIZING

3. Thinking about this situation or person makes me feel:

HELPING?

4. Holding onto the feelings in #3 is *HELPING* me by:

HURTING?

5. Holding onto the feelings in #3 is *HURTING* me by:

RELEASING or RETAINING?

6. Do I need this issue + the feelings that come with it to remain in my life?

- No (proceed to #7, *I am ready to turn the page toward forgiveness!*)
- Yes (come back to this exercise when ready)

AFFIRMING

7. Why I deserve to move past the pain of this situation or person:

FLIPPING

8. Take the emotions in #1 and list examples of when I felt them toward this situation or person I am looking to forgive:

INTENTION-SETTING

9. The goal of this act of forgiveness is to learn and move:

- *Toward* this situation/person in the light of forgiveness and renewed understanding

- *Away* from this situation/person after the revelation of their character

FORGIVING

10. The time and the way that I will forgive and release myself from the negative emotions and pain this situation or person has caused me:
