

Lean In to Forgiveness

Here's how to let go and move on.

Write the name of the person you need to forgive:

What feels good about not forgiving this person?

What do you potentially lose in your life if you do not forgive this person?

Which of your important relationships will be in jeopardy if you choose to forgive this person? Which relationships will be in jeopardy if you don't?

What was your part in the situation that caused your pain? What is your part in the painful situation now?

Is this unforgiveness taking up space in your mind and distracting you from things that matter to you?

Does this unforgiveness make you feel in control of something or someone? What? Who?

What will relinquishing that control feel like for you?

What will relinquishing that control feel like for you?

- 1.
- 2.
- 3.

Write three things you are grateful for that are not in jeopardy with the choice to forgive or not to forgive.

- 1.
- 2.
- 3.

I accept responsibility for my part in this. I am love. Forgiveness is love. Nothing and no one has the power to change my character.

I choose to forgive, not because _____ is not at fault, but because we are both flawed human-beings, and I deserve to be free.

I forgive _____, and I choose to move on from the fear and resentment that have stuck around long enough.

#NOTTHERAPY