WORKSHEETS

WORKSHEET 1

Let's try the following experiment; write down your reactions/thoughts and feelings as you do this:

1.) Close your eyes and take a deep breath. Do this 3 times.
2.) Make a list of all the people, companies & institutions from who you would like an apology from. A failed marriage; unresolved business issues; schoolyard bullies; and conflicts with siblings, teachers, friends, and of course, your parents. Notice if your mind tries to edit this list in any way, by trying to convince you "Oh, I've already worked on that"…or… "that wasn't really such a big deal…" Just check in with yourself, be honest - do you want an apology or not? If your answer is yes, even a little bit, then write it down.
3.) Think of someone in your life right now (maybe not the most extreme person to start off with) who you are holding a grudge against. There is no way you will let them get away with what they have done, the pain they have caused you.
4.) Picture that person and hold onto that unwillingness to forgive.
5.) Now, just observe what emotions you feel come up: hurt, anger, resentment, sadness etc? Rate your emotions below (1-being not much of a reaction-5 being explosive)
Hurt:

Anger:

Resentment:

Sadness:

Jealousy:

5.) Notice how you are holding your body right now; is it tense anywhere or feeling heavy? Keep breathing as you become in tune with how your body is feeling, notice if there is any pain occurring. Just be aware of where you are holding it. Write them down.

6.) Now bring awareness to your thoughts; are they hateful and spiteful thoughts? Write them down.

7.) Now complete the same for each person or situation on your list. When you are finished take a step back and see which incident or person holds the most emotion for you. Consider creating a forgiveness map placing each situation or person on it based on the level of intensity of emotions you felt in your body.

If you have had an emotional response to any of the above, these feelings do not come out of 'nowhere'. The level of your response brings about an awareness of what is already stirring within & forgiveness simply means releasing this cycle of torture that continues to reside inside YOU.

Can you honestly thank this person or situation for the gift they gave you in life and feel that it no longer has power over you? If so, then you have no need to read any further. If the answer is "no," then you have not forgiven them and they still hold you hostage.
WORKSHEET 2

Be Willing to Forgive. Stop ignoring the problem and pretending it does not exist or will go away on its own. Recognize that your need to start the process is greater than the anger hurting you.

Start off with selecting one person you would like to forgive from your list (perhaps one rated with the least emotionally reaction):

1.) List the reason(s) why you are angry with this person. Telling the story gets your mind connected to your emotions. Take time to examine your beliefs and emotions with honesty, and breathe with them. Be bold and courageous - feel the feelings, they are sensations moving through your body! As you feel them, breathe them out of your body with long, slow, conscious exhalations. If you need to cry, cry. If you need to yell, yell. Trust it & release:

2.) List how your anger/sadness has affected your health and relationships:

3.) List all the ways YOU BENEFIT from having these unresolved issues of forgiveness between you and your friend/partner/parent. (i.e. you get to stay small, stay a victim, don't have to risk, stay invisible or resentful, it feels familiar and you don't want to change, etc.):
WORKSHEET 3

Acknowledge and feel your anger. It’s OK to feel it, say out loud “It’s OK for me to be ANGRY. It does not make me a bad person. I have a right to my emotions!”

Acknowledge your revenge fantasies—that is all they are!

Write out your revenge story if you need to all the way to the end result of the revenge.

Release your Shame by telling someone you can trust and will listen deeply in a supportive way. List the people who you can contact and go do it.
WORKSHEET 4

1.) Ask yourself have you ever done something similar to someone else? Write down all the times in your own life when your own actions/words have hurt or disappointed others.

2.) Acknowledge you have the same capacity to act and behave on some level as your offender. Acknowledge you are human; none of us is without fault. Admit you might have made the same mistakes.

3.) Write out a list of how you may have contributed to the situation. We heal guilt by taking responsibility for our choices and the role we played. Such as not paying attention to what was really going on in the relationship, always being stood up at the last minute for ‘something better’ because we put up with the behavior.

4.) Make a list of all the people, companies, groups etc. to whom you feel you owe an apology. Think back to every situation in your life that you can remember where you feel you need to "make things right"? Apologize if others have been involved and you have not already done so, or you have not done so genuinely. Only do this when you have changed your negative outlook and if doing so will not harm that person.

Forgive yourself! You do not have to keep paying for the same mistake over and over. We all make judgments about others, but are the hardest on ourselves. Every time you hear yourself saying ‘bad things’ about you, put a penny in a jar and with this it brings awareness on how tough you are. Observe and gently say to yourself ‘I made a mistake, today is a new day to begin again’….then with all the money collected, when you are ready, buy yourself a gift knowing that you deserve to have peace in your life. It takes courage to forgive, do not forget that!!