Reaching Forgiveness

Worksheet

Forgiveness is a gift you give yourself. It doesn't mean forgetting or excusing harm. It means releasing the burden of resentment, allowing you to **heal, grow,** and **move forward.** This worksheet will help you reflect on your pain, process your emotions, and consider what forgiveness could mean for your well-being.

WHY FORGIVENESS MATTERS

Holding onto anger, resentment, or pain can be like carrying a heavy backpack through life. Forgiveness doesn't mean the pain didn't matter; it means you choose not to let it control your future. **Forgiveness is for you.** It creates space for peace, health, and healing.

STEP 1: IDENTIFY THE PAIN

Think of a person or situation that has caused you harm.

1. Who or what hurt you?
2. What emotions come up when you think about this?
3. How has this experience impacted your life?

Use the space below to reflect:

STEP 2: REFLECT USING THE 4 D'S OF FORGIVENESS

From Dr. Robert Enright's forgiveness model, consider the following:

1. **Deep-Diving:** Acknowledge your pain and how you've been affected emotionally, physically, and spiritually.
2. **Deciding:** Forgiveness is a choice. Are you willing to release resentment?
3. **Doing:** Can you try to understand what may have caused the other person's behavior (without excusing it)?
4. **Deepening:** What have you learned from this experience about yourself, boundaries, or resilience?

Write down your thoughts:

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STEP 3: ACCEPTANCE & LETTING GO

Acceptance does not mean approval. It means recognizing the past cannot be changed and choosing to live without being defined by it.

1. What would it feel like to let go of this pain?
2. How might your life be different if you weren't holding onto this hurt?

Use the space below to reflect:

STEP 4: RELEASE THE EMOTION

Take a few moments to symbolically release your pain. You can try:

1. Writing down what you're letting go of and tearing it up.
2. Creating a drawing that expresses your emotions.
3. Saying out loud, "I choose to release this for my peace."
4. Practicing a short mindfulness meditation focused on release.

Choose a method that feels meaningful to you: