



Forgiveness Worksheet

The Process of Finding & Extending Forgiveness

1. Who are you seeking to forgive: _____ 2. Date: _____ 3. Worksheet No. _____

4. Rate your willingness to forgive at this point in your life: Not at All Low Medium High

5. Describe the event(s) you're working now to forgive. (Write your story of what happened to you – use extra paper if needed.)

6. What was your expectation in place of what happened?

7. What loss(es) have you experienced as a result of these events?

8. How do these loss(es) impact or effect your life today?

9. List the emotional impact these event(s) have and the level it disrupts your life? (Example; Because of what you did I can't ever be happy again!)

_____	Low	Medium	High
_____	Low	Medium	High
_____	Low	Medium	High
_____	Low	Medium	High

10. Which of these core belief patterns are hampering your willingness to forgive? (Check all that apply.)

If I forgive them I'm saying what they did doesn't matter. They don't deserve to be forgiven. I'm too deeply hurt to forgive them.
My standards are higher than God's. I must hold them accountable for what they've done. They should have to ask first.
I need more time before I can forgive. They need to suffer more. Other(s) _____

11. In order to fully forgive I understand I will need to release or give-up one of more of the following mindsets I've been holding to.

Being right. Holding others responsible for my happiness. Blaming others for how I feel. Desiring to stay detached from life.
Believing that my life would be perfect had it not happened. To make others have to pay for what happened. Being a victim.
Refusing to yield my life to God in order to be healed. Give up the feeling of power it gives me. Stop memorializing my pain.

12. I choose to reclaim my life by letting go of these painful events and to consider them as part of God's perfect and divine plan for my life (See James 1:2-4) despite my lack of being able to fully understand it at this point in my life. I am **Willing Open Uncertain Unwilling**

13. I consciously choose to release my claim to hold those accountable for what they did.

I now realize these long held core beliefs have kept me powerless to forgive and let go. I now give myself permission to recognize and release (name) _____ for (what they did) _____ and that by forgiving them I release all debt I held over them for the above past events, so that I can move on. I am **Willing Open Uncertain Unwilling**

14. I choose to allow God to have full control of my life and to give up the right to base my success on how I feel about my past, present, or future understanding for how my "Life" is supposed to turn out. While these events have been painful, I fully believe that God is actively working in my life to take me to places I wouldn't take myself and to grow me in ways I would never have grown on my own. I trust this by faith and I consider this trust in Him as my reasonable act of worship. (See Romans 12: 1-3) I am **Willing Open Uncertain Unwilling**

15. By reframing these loss(es) as steps in my own spiritual journey through this lost and fallen world, I willingly surrender my life and give God permission to transform me with a new meaning, purpose, and identity in Christ. I am **Willing Open Uncertain Unwilling**