

Forgiveness and Acceptance Worksheet

Forgiveness is the decision to release the negative emotions connected to a past event that has hurt us.

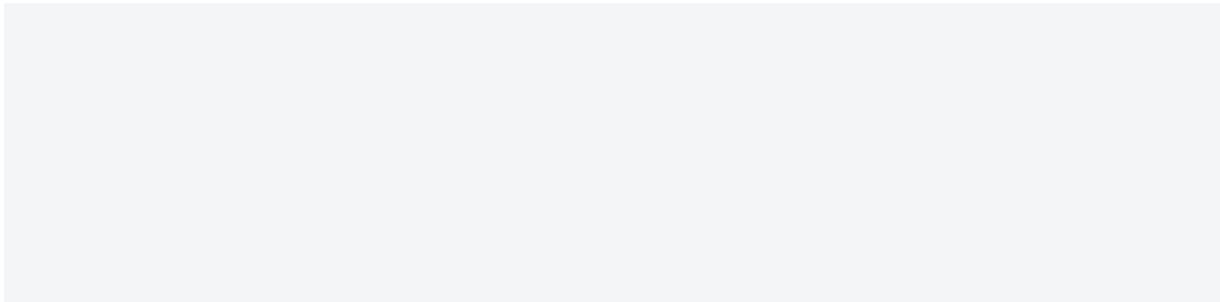
It is an emotional tool that helps us commit to moving forward and feeling better.

We may choose to forget the transgression or end our relationship with the wrongdoer, or we may not. Either way, forgiveness is a decision that allows us to let go of the resentment, bitterness, and anger that hold us back from personal growth and well-being.

This *Forgiveness and Acceptance Worksheet* can help you understand your negative feelings about a past transgression and make the conscious decision to forgive.

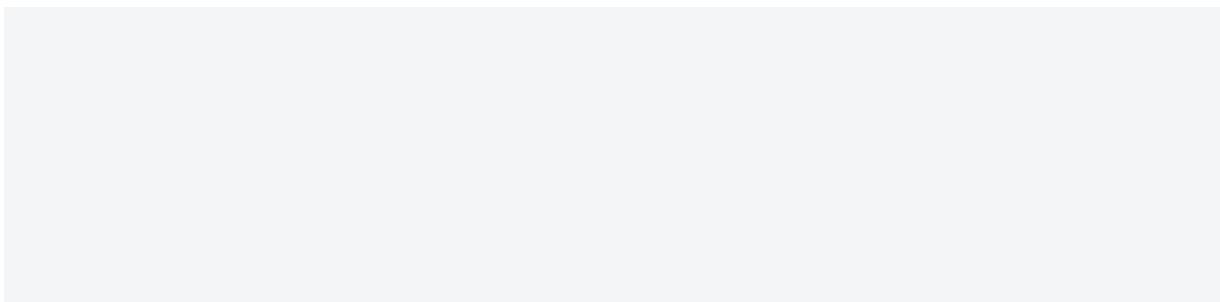
What are you struggling to let go of?

Describe the thoughts or past actions associated with your negative emotions. What was said or done, specifically?



Take ownership of the consequences.

Accept that the painful outcomes are now yours to deal with. Any suffering and pain that you feel now lies in your hands.



Who is responsible?

Decide where the accountability lies for the past event. You may feel that someone else is at fault, that you played a role, or that nobody at all is accountable.

How will you address the consequences?

What do you choose to do about the outcomes you described above? How might you correct or amend your current situation? If that's not possible, how might you make it better?

Commit to forgiving.

Make a conscious decision to forgive whomever you feel is responsible. If someone else is responsible for your hurt, try seeing things from their perspective. This step is about taking ownership of your decision to harbor a grudge, or let go of the hurt and move forward.