

RADICAL FORGIVENESS WORKSHEET

Date: _____ Worksheet # _____ Subject: (X) Whomever or whatever you are upset about _____

1. The situation as I perceive it now is:

Confronting Subject (X)

2a) I am upset with you because:

2b) My feelings around this are: (identify your real emotions)

2c) My thoughts about this are: (thoughts re your emotions)

3. I lovingly recognize and accept my feelings (as in 2b) without judgement, of:

I own my feelings. No-one can make me feel anything. My feelings are a reflection of how I see the situation in this moment.

4. Even though I do not know why, I recognize that I have created this situation in order that I can learn and grow. [Note: It is not necessary that you know why or how you have created this, but you may wish to comment on it, making reference to any clues you see in your story that might indicate the truth of this statement.]

5. INSIGHTS IN RADICAL FORGIVENESS: AFFIRM.

a. When I feel uncomfortable, I know there is a part of me that needs to be healed. (X) _____ is reflecting this for me so that I can see what I need to love and accept in myself.

b. I now realize that I get upset only when someone resonates in me that which I have disowned, denied and repressed about myself and then projected onto others.

c. I now realize that the way I see (X) is precisely the way I unconsciously see myself. In forgiving (X) I forgive myself.

d. I appreciate your willingness (X) _____ to mirror my misperceptions, and bless you for providing me with the opportunity to practice Radical Forgiveness and Radical Self Acceptance.

e. I now see that I am a spiritual being having a human experience, and I forgive myself for using guilt, anger, blame and judgement to lower my vibration and keep me separated from the World of Divine Truth.

6. My discomfort was my signal that I was withholding love from myself and others by judging, holding expectations, wanting (X) to change and seeing (X) as less than perfect. (Comment on this with reference to your situation)

7. I now realize that nothing (X), or anyone else, has done is either right or wrong. I drop all judgement. I release the need to blame and the need to be right and I am WILLING to see the perfection in the situation just the way it is. (Comment on this, perhaps indicating what you think you might have needed to be right about, what you might have been blaming (X) for and how you might now be willing to let it all go.)

8. I now realize that (X) and I have both been receiving exactly what we each had subconsciously chosen: (Comment on this if you have further thoughts about it, remembering that there is no requirement to know what it was for each of you.)

9. LETTING GO:

I release from my consciousness all feelings of: (as in 2b)

I release from my consciousness all thoughts of: (as in 2c)

I completely forgive you (X) _____ for I now realize that you did nothing to me and I drop my Ego's demand that you cater to all my dependency needs and become my scapegoat. I acknowledge, accept and love you unconditionally just the way you are.

10. I now realize that what I was experiencing was a precise reflection of how I perceived the situation. I understand that I can change the original experience by changing my perception of it. I have now released my attachment to that original perception (my victim story), and I am willing to see it from a Radical Forgiveness perspective. (Attempt a Radical Forgiveness 're-frame' of the situation.)

11. I completely forgive myself, _____ and accept myself as a loving, generous and creative being. I release all need to hold onto emotions and ideas of lack and limitation connected to the past. I withdraw my energy from the past and release all barriers against the love and abundance that I know I have in this moment. I create my life and I am empowered to be myself again, to unconditionally love and support myself, just the way I am, in all my power and magnificence.

12. I now surrender to the Higher Power I think of as.....

_____ and trust in the knowledge that this situation will continue to unfold perfectly and in accordance with Divine guidance and spiritual law.

I acknowledge my Oneness and feel myself totally reconnected with my SOURCE. I am restored to my true nature, which is LOVE, and I now restore love to (X)

I close my eyes in order to feel the LOVE that flows in my life and to feel the joy that comes when the love is felt and expressed.

13. A Note to You (X) Having done this worksheet, I.....

14. A Note to Myself: