# Essential Forgiveness
Getting Free of an Unwanted Behavior

## THE BEHAVIOR

1. The specific behavior I want to be free of is...
   ________________________________________________________________
   ________________________________________________________________

2. Another name for this behavior is...
   - an addiction
   - a habit
   - a routine
   - a way of being
   - a compulsion
   - an obsession
   - a mannerism
   - an attitude
   - a tendency
   - a pattern
   - Other ___________

3. The places where I most often do this behavior is
   ________________________________________________________________

4. The frequency of this behavior is about _________________________

5. What this behavior leaves me feeling is _________________________
   ________________________________________________________________

6. What this behavior helps me avoid is ___________________________
   ________________________________________________________________

7. What this behavior seems to do for me is _______________________
   ________________________________________________________________

8. I’ve struggled with this behavior for the past _____________________

9. On a scale of 0 to 10, the persistence of this behavior is a ________

10. On a scale of 0 to 10, my attachment to this behavior is a _________

## EMOTIONS AND THOUGHTS

11. The emotions I seem to feel **right before** doing this behavior seem to be
    ________________________________________________________________
    I tell myself things like __________________________________________

12. I imagine things like ___________________________________________
    ________________________________________________________________

13. The way I react is _____________________________________________
    ________________________________________________________________

## CONNECTING THE PAST WITH THE PRESENT

14. A previous period of my life where I did this type of behavior was the time when
    ________________________________________________________________
TAKING RESPONSIBILITY

15. The person who creates this behavior is □ me □ someone else

THE IMPACT OF BEHAVIOR

16. What this behavior is doing to me is ____________________________________________

17. What this behavior is costing me is ____________________________________________

18. The possible difference it could make to me and my life if I could let this behavior go is ____________________________________________

19. And that would be desirable? □ Yes □ No

UNDOING THE BEHAVIOR

20. Is this behavior a part of me or the whole of me? □ Part □ Whole

21. Is this behavior something that is absolutely necessary? □ Yes □ No

22. Is this behavior something that I must do? □ Yes □ No

23. Am I going to die if I don’t do this behavior? □ Yes □ No

24. Am I dying a slow death doing this behavior? □ Yes □ No

25. Is it possible to let this behavior go? □ Yes □ No

26. Am I afraid of letting it go? ____________________________________________

27. Does any other time but now exist? □ No □ Yes (really?)

28. Am I willing to risk letting this behavior go? ______ When? ________

29. Am I willing to allow this behavior to be replaced by a creative act? □ Yes □ No

30. My attachment to this behavior on a scale of 0 to 10 is now about a ____

NEW POSSIBILITIES

31. The way I could view my life or situation differently is…

32. Could I love and accept myself as I am? □ Yes □ No

33. What I could be grateful for is ____________________________________________

34. A loving note to myself:________________________________________________

_____________________________________________