

Essential Forgiveness

Letting Go of Grief

THE SITUATION

1. The situation around which I feel grief is...

2. The name of the person/entity involved in this situation is _____

3. What grieves me most is _____

DESCRIBING THE FEELINGS

4. Other words that might describe this grief are... Sad Dismayed
A loss Disappointed Disillusioned Like a failure Disheartened
Discouraged Defeated Abandoned Unloved Other _____

5. On a scale of 0 to 10, the intensity of this grief is _____

6. The physical sensations that I feel when I feel these feelings are...

7. I would describe my physical posture when I feel these feelings as...

8. I would describe my facial expression as _____

THE THOUGHTS ANDS BEHAVIORS

9. I'm telling myself things like _____

10. I'm imagining things like _____

11. The way I'm acting is _____

BELIEFS, EXPECTATIONS AND PERCEPTIONS

12. What I wish *hadn't* happened was _____

13. What I wish *would have* happened was _____

14. What I am still hoping to happen is _____

15. What I think I should do is _____

TAKING RESPONSIBILITY

16. Could I *welcome* this grief? _____

17. Could I *take responsibility* for this grief? _____

CONNECTING THE PAST WITH THE PRESENT

18. Previous time(s) and place(s) where I felt some grief was when...

The time when _____

The time when _____

19. What I made these situations mean about me was _____

20. The core beliefs that I developed *about myself* and my life were _____

THE IMPACT OF THESE EMOTIONS

21. What this grief is doing *to me* is _____

22. What this grief is *costing* me is _____

23. The *payoff* that I get in keeping this grief is _____

24. The possible difference it could make to me and my life if I could be free of this grief is _____

UNDOING THE EMOTIONS

25. Is this grief a *part* of me or the *whole* of me? _____
26. How *long* do I believe I need to keep this grief? _____
27. What do I believe needs to happen before I let this grief go?

28. Is it *possible* for me to let grief go without this happening? _____
29. My biggest fear or resistance to letting this grief go is _____

30. Does any other time but *now* exist? _____
31. Am I *willing* to let this grief go? _____
32. When? _____
33. Are these feelings present *in this moment as I write*? _____
34. The intensity of these feelings on a scale of 0 to 10 are about a _____

NEW POSSIBILITIES

35. If I had the power to *create* any other feeling in place of this grief, I would like to feel _____
36. *Could* I let that feeling in? _____
37. *Would* I let that feeling in? _____
38. When? _____
39. Am I *present* in *this moment at all* to that new feeling when I think of this person/situation? _____
40. If this new feeling made a statement or had a voice in me this new feeling might say...

41. The way I could view this person/situation differently is...

42. Can I see myself in this other person/entity? _____
43. A loving action I might take could be _____

44. *Could I* love and accept myself as I am? _____
45. What I could be grateful for is _____

46. A loving note to myself: _____

