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 AND 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: ____________________________________