Essential Forgiveness
Letting Go of Hurt

THE SITUATION

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

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

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

3. “______________, you hurt me when ________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

DESCRIBING THE FEELINGS

4. Other words that might describe this hurt are... ☐ Bruised ☐ Crushed
☐ Rejected ☐ Heartbroken ☐ Humiliated ☐ Offended ☐ Wounded
☐ Alienated ☐ Insulted ☐ Disturbed ☐ Appalled ☐ Injured ☐ Other ______

5. On a scale of 0 to 10, the intensity of this hurt 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. “The beliefs and values that I feel you have violated are ____________________
______________________________”

13. “I expected you to ____________________
______________________________”

14. “How I view you is ____________________

15. “What I think you should do is ____________________
______________________________”

TAKING RESPONSIBILITY

16. Could I welcome all of my feelings? ____________________

17. Could I take responsibility for these feelings? ____________________

CONNECTING THE PAST WITH THE PRESENT

18. Previous time(s) and place(s) where I felt similar feelings were 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 hurt is doing to me is ____________________
    ________________________________

22. What this hurt is costing me is ____________________
    ________________________________

23. The payoff that I get in keeping this hurt is ____________________
    ________________________________

24. The possible difference it could make to me and my life if I could be free of this hurt is ____________________
    ________________________________
UNDOING THE EMOTIONS

25. Is this hurt a part of me or the whole of me? __________________________
26. How long do I believe I need to keep this hurt? ________________________
27. What do I believe needs to happen before I let this hurt go? ______________
28. Is it possible for me to let hurt go without this happening? ______________
29. My biggest fear or resistance to letting this hurt go is ____________________
30. Does any other time but now exist? _________________________________
31. Am I willing to let this hurt go? ________________________________
32. When? ______________ Can I imagine them gone? ______________
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 hurt, 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: ____________________________