Essential Forgiveness
Letting Go of Resentment

THE SITUATION

1. The situation around which I feel resentment is…
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

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

3. “__________________, I resent you for/because _______________________
   ____________________________________________________________
   ____________________________________________________________

DESCRIBING THE FEELINGS

4. Other words that might describe this resentment are… □ Bitter □ Livid
□ Hatred □ Disgusted □ Angry □ Annoyed □ Vindictive □ Vengeful
□ Spiteful □ Indignant □ Mad □ Outraged □ Violent □ Other ________

5. On a scale of 0 to 10, the intensity of this resentment 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 ________________
   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 resentment is doing to me is ________________

22. What this resentment is costing me is ________________

23. The payoff that I get in keeping this resentment is ________________

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

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

28. Is it *possible* for me to let resentment go without this happening? ______
29. My biggest fear or resistance to letting this resentment go is ____________
   __________________________________________________________________________

30. Does any other time but *now* exist? ________________________________________
31. Am I *willing* to let this resentment 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 resentment, 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:____________________________________________________

   __________________________________________________________________________