Essential Forgiveness
Letting Go of an Upset

THE SITUATION

1. The situation around which I feel some sort of upset is…

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

3. “______________, I am upset with you because ________________

DESCRIBING THE FEELINGS

4. The feelings that I feel in this situation are _______________________

5. On a scale of 0 to 10, the intensity of these feelings are ____________

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 _________________________________

DATE:
## 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 have done 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 these feelings are doing to me are ________________________________

22. What these feelings are costing me are ________________________________

23. The payoff that I get in keeping these feelings is ________________________________

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

25. Are these feelings a part of me or the whole of me?  
26. How long do I believe I need to feel these feelings?  
27. What do I believe needs to happen before I let these feelings go?  
28. Is it possible for me to let these feelings go without this happening?  
29. My biggest fear or resistance to letting these feelings go is  
30. Does any other time but now exist?  
31. Am I willing to let these feelings 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 those feelings, 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?  
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: