

DATE:

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 _____

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: _____

