

DATE:

Essential Forgiveness

Getting Free of an Unwanted Behavior

THE BEHAVIOR

1. The specific behavior I want to be free of is...

DESCRIBING THE BEHAVIOR

2. Another name for this behavior is... an addiction a habit a routine
a way of being a compulsion an obsession a mannerism
an attitude a tendency a pattern Other _____

3. The places where I most often do this behavior is _____

4. The frequency of this behavior is about _____

5. What this behavior leaves me feeling is _____

6. What this behavior helps me avoid is _____

7. What this behavior seems to do *for* me is _____

8. I've struggled with this behavior for the past _____

9. On a scale of 0 to 10, the persistence of this behavior is a _____

10. On a scale of 0 to 10, my attachment to this behavior is a _____

EMOTIONS AND THOUGHTS

11. The emotions I seem to feel *right before* doing this behavior seem to be _____

I tell myself things like _____

12. I imagine things like _____

13. The way I react is _____

CONNECTING THE PAST WITH THE PRESENT

14. A previous period of my life where I did this type of behavior was the time when _____

TAKING RESPONSIBILITY

15. The person who creates this behavior is me someone else

THE IMPACT OF BEHAVIOR

16. What this behavior is doing *to* me is _____

17. What this behavior is *costing* me is _____

18. The possible difference it could make to me and my life if I could let this behavior go is _____

19. And that would be desirable? Yes No

UNDOING THE BEHAVIOR

20. Is this behavior a *part* of me or the *whole* of me? Part Whole

21. Is this behavior something that is *absolutely necessary*? Yes No

22. Is this behavior something that I *must* do? Yes No

23. Am I going to die if I don't do this behavior? Yes No

24. Am I dying a slow death doing this behavior? Yes No

25. Is it *possible* to let this behavior go? Yes No

26. Am I *afraid* of letting it go? _____

27. Does any other time but *now* exist? No Yes (really?)

28. Am I *willing to risk* letting this behavior go? _____ When? _____

29. Am I *willing* to allow this behavior to be replaced by a creative act?
Yes No

30. My attachment to this behavior on a scale of 0 to 10 is *now* about a ____

NEW POSSIBILITIES

31. The way I could view my life or situation differently is...

32. *Could I* love and accept myself as I am? Yes No

33. What I could be grateful for is _____

34. A loving note to myself: _____

