

# Essential Forgiveness

Letting Go of Hurt

## THE SITUATION

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

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

3. " \_\_\_\_\_, you hurt me when \_\_\_\_\_

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## 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...

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7. I would describe my physical posture when I feel these feelings as...

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8. I would describe my facial expression as \_\_\_\_\_

## THE THOUGHTS ANDS BEHAVIORS

9. I'm telling myself things like \_\_\_\_\_

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10. I'm imagining things like \_\_\_\_\_

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11. The way I'm acting is \_\_\_\_\_

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## 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 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: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_