

## Forgiveness

It is important to forgive yourself the mistakes you have made and the things you have done that have been most hurtful to others. By writing them you are giving yourself the gift of making your load lighter as you attempt to experience more happiness.

It is a good thing to forgive people who have done things that have been hurtful to you. It allows you to move on past that incident or wrong and be in present time without bitterness or anger in your heart. Forgiveness is for you, not the other person.

These are things I have thought, said or done for which I want forgiveness or for which I want to forgive myself:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

These are things others have said or done that I want to forgive, clearing me of all negative feelings:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_