

## LETTING GO OF PAST GRIEVANCES

### Step One: Begin with an intention to forgive.

Write down the name of the person whom you intend to forgive.

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### Step Two: Acknowledge the pain caused by the grievance.

*(The goal is not to forgive and forget, but rather “remember fully and forgive”.)*

Describe the grievance. What were the circumstances? (Be as specific as possible.)

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How did you feel at the time? Where in your body did you feel it?

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What have you done to take care of yourself?

*If you are forgiving someone else, list the ways you have attempted to empower yourself. If you are forgiving yourself, list the ways you have attempted to make amends.*

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How do you feel emotionally, physically, and spiritually, when you think about the grievance today?

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### Step Three: Evaluate the gains and losses that comes with forgiveness.

If I forgive, what would I gain?

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If I forgive, what would I give up?

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## **Step Four: Assess your attitudes and beliefs around forgiveness.**

(You may not be responsible for what happened-but you are responsible for your long-term attitude.)

***Underline any statements that have the most significance for you:***

### **If I forgive, it doesn't mean I am...**

condoning or absolving the hurtful behavior.  
forgetting.  
being a victim or losing power.  
surrendering my right to justice.  
required to reconcile with the offender.  
getting the other person to do something different.  
refusing to make amends.

### **If I forgive, it means I am...**

recognizing I have a choice about my perceptions and my thoughts.  
choosing peace of mind.  
freeing myself from the past and choosing to live in the present moment.  
choosing empowerment over victim-hood.  
choosing to connect to my spiritual loving self.

## **STEP FIVE: Practice Letting Go Exercises.**

- 1. Practice empathy:** Forgiveness is the recognition that people who harm others are expressing their own unresolved pain.
- 2. Meditation/prayer:** Asking God or a Higher Power for help can be a shortcut in the forgiveness process.
- 3. Visualization:** Visualize the person you have decided to forgive. Imagine that an energy cord connects you. Affirm, "I am calling my energy back." Then unplug the cord.
- 4. Journal Writing:** Express your feelings to the person you are forgiving (or asking to forgive) by writing a letter (that you may or may not send).
- 5. Affirmation:** Write a daily affirmation that states your decision to forgive.
- 6. Monitor your Thoughts:** Listen to your inner self-talk to ensure that it reflects the true meaning of forgiveness. Ask yourself, "would I rather be right or would I rather be happy?"
- 7. Practice Patience:** Remember that forgiveness is an ongoing process; it's rarely completed on the first attempt.

