

**DAY 5**  
**CHAPTER 4**  
**RE-EVALUATE**

**FORGIVENESS WORKSHEET**

- This worksheet will be one to work on a little at a time.
- Remember, forgiveness is not something you say, and emotions are not eliminated immediately.
- It is an ongoing process.

**1. PURPOSE.** Who am I doing this for?

**2. IDENTIFY.** Who should you forgive? List someone for each of the following categories. This should be a conglomeration of people who invoke a negative or emotional solid response within you, whether you still communicate with them or not.

**3. REALIZE.** What is the emotional control or invoked feeling this person triggers in you?

Family

Friends

Acquaintances/Associates

Coworkers

Exes:( ex-wives/husbands, ex-friends, etc.)

Children

Neighbors

Other Toxic People

**4. SURRENDER.** Are you willing to take the necessary action to forgive? What actions would this include?

**5. CHOOSE** compassion for the person who hurt you, and remember, people who are hurting hurt others.

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List 3 positive things you wish for them:

- 1.
- 2.
- 3.

**6. ASK FOR HELP.** Sometimes, it is hard to decide how to work through this process. Who do you have in place, and are you willing to ask for the help you need?

**7. LEARN** to forgive yourself, it is the most crucial thing you can do!

- Identify negative self-talk and ask your immediate thought pattern.
- Was it from the mistakes of others?
- From errors in your perception, lack of thought, failure, or miscommunication?
- Rephrase the situation to a learning opportunity:

**9. DO THE WORK.**

- Work the Six Steps of Forgiveness for each person on your list in question 2 and forgive.
- This is an exercise for your personal journal or a private file.
- You can choose to write them on a piece of paper for each person if you would like.
  1. Purpose:
  2. Identify:
  3. Realize:
  4. Surrender:
  5. Choose:
  6. Move on.

**10. SHARE** your feelings with someone else:

- It may be impossible to reach out to the person you are forgiving. They may have passed away or moved on for some reason, or they may be too toxic to share this with.
- This can cause a roadblock in your healing process when you believe you cannot heal because you cannot express forgiveness to this person.
- You do not need to have an exchange of words with someone to forgive them.
- Once you choose to forgive, you can complete the process by sharing your decision with someone you trust, like a close friend, mentor, pastor, counselor, or someone you feel would empathize with the situation.