

Chapter 6 Exercise

The Letter:

Is there someone you need to forgive? Write them a letter and be honest about how their actions affected you, but you now want to forgive them. Once finished, tear up the letter, symbolically emphasizing how you are letting go of the resentment you have held in your heart toward them.

Chapter 6 Worksheet

Forgiveness Reflection:

This worksheet is designed to help you understand your thoughts and emotions about a need for forgiveness.

What happened? Describe the event or the situation.

How did it affect me? Reflect on the emotional, physical, and relational impact.

Why forgive? List reasons why forgiveness might benefit you.

Next steps: Outline action steps you can take toward forgiveness.