

The Forgiveness Solution

Handout 7.3: My Forgiveness Log

A Situation or Person That Needs My Forgiveness	
Negative Emotions	Positive Emotions
Strength of Negative Emotions	Strength of Positive Emotions
<hr/> 1 2 3 4 5 6 7 8 9 10 Low High	<hr/> 1 2 3 4 5 6 7 8 9 10 Low High
Identify Unforgiving Beliefs	Challenge With Forgiving Beliefs
Certainty of Your Beliefs	Certainty of Your Beliefs
<hr/> 1 2 3 4 5 6 7 8 9 10 Low High	<hr/> 1 2 3 4 5 6 7 8 9 10 Low High
Unhealthy Reactions to Holding Grudges	Healthy Reactions to Being Forgiving
Cost/Benefit Analysis of Being Unforgiving	Cost/Benefit Analysis of Forgiveness
My Conclusions and Goals	