

Handout 7.4: Journaling for Forgiveness

Think of a person or the action of a person whom you have chosen to work on forgiving. Fill out the following sheet to work through your angry and bitter feelings so that you can reach a point of forgiveness and peace.

Describe what happened.

Describe how and why it hurt.

Describe why it still hurts.

Describe how the hurt has held you back.

Describe your behavioral reaction to the hurt back then.

Describe how your behavior is affected now.

Describe what you have learned from the hurt.

Describe your strategies for healing.

List some behavioral steps you want to take so that you can forgive and move on.
