

The Therapist's Ultimate Solution Book
Handout 7.7: Weekly Forgiveness Log

Date(s): _____

1. What I have trouble forgiving:

2. Emotional response to my difficulty forgiving:

3. Degree of my negative reaction:

LOW 1 2 3 4 5 6 7 8 9 10 HIGH

4. Unhealthy thoughts:

Certainty of beliefs: LOW 1 2 3 4 5 6 7 8 9 10 HIGH

5. Healthy thoughts:

Certainty of beliefs: LOW 1 2 3 4 5 6 7 8 9 10 HIGH

6. Unhealthy reactions to being unforgiving:

7. Healthy reactions to forgiveness :

8. Metaphors and visualizations I use to forgive:

9. Costs and benefits of my healthy and unhealthy thinking:

10. Goal for working on my forgiveness and improving my coping skills:
