

The Forgiveness Process

Date _____

Take a few minutes and think about any people that have hurt you, that you have hurt, or situations that feel hurtful. Write them down. For each one, say the following:

Please forgive me

I forgive you

I am sorry

Thank you

I love you

Repeat this process each week!

PEOPLE THAT HAVE HURT ME

PEOPLE THAT HAVE HURT ME

PEOPLE I HAVE HURT

PEOPLE I HAVE HURT

SITUATIONS THAT HURT ME

SITUATIONS THAT HURT ME

