

# 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

