Let Go, Forgive and Set Yourself Free!

Unit 2-Forgiveness Workbook

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Written

Exercises

Forgiveness Is a Choice

Journal Worksheets

For the following worksheets write down your answers to the prompts.

Worksheet 1

Identifying the Hurt and Understanding My Rights

Date: _____

Name (optional): _____

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1. Identifying the Hurt

- **Who hurt me, and what did they do (or failed to do)?**
- **How has this hurt affected me (emotionally, mentally, physically, spiritually)?**
- **What specific resentments, anger, or bitterness have I held on to?**

Identifying the Hurt and Understanding My Rights, Continued

Understanding My Rights & My Responsibility

What rights do I have in this situation (e.g., to feel safe, to feel respected, to heal)?

What responsibility do I have (if any) in the situation? What part did I play?

How have I responded so far—have my responses helped or harmed my healing?

Worksheet 2

Defining Forgiveness

What does forgiveness *mean* to me?

What does forgiveness *not* mean? (What misunderstandings do I have about forgiveness?)

What would choosing to forgive look like in this case? What am I letting go of? What am I holding on to?

Worksheet 3

Exploring Barriers to Forgiveness

What fears do I have about forgiving (e.g., losing power, being hurt again, forgetting boundaries)?

What beliefs or thoughts make forgiveness feel impossible or unfair?

What would need to shift in me, or in the situation, to make forgiveness feel possible?

Worksheet 4

Deciding to Forgive (or Not Yet)

Am I ready to choose forgiveness *now*? Why or why not?

What might change if I decide to forgive this person (or myself)? What might feel different?

What are the costs and benefits of forgiving? (List both.)

Worksheet 5

Empathy & Perspective Taking

Can I try to see the situation from the other person's point of view? What might they have experienced?

What factors (history, struggles, motives) might have led them to act as they did?

How might understanding their side reduce my anger, hurt, or resentment?

Worksheet 6

Releasing & Rewriting

Write a letter (you don't have to send it) to the person who hurt you, expressing everything you feel—anger, sadness, disappointment. Then add what you are choosing to release.

What new narrative about this experience do I want to carry forward—one that empowers me rather than keeps me stuck?

What affirmations or reminders can I tell myself daily to support this path to forgiveness?

Worksheet 7

Growth & Meaning Making

How have I already grown from this hurt or injustice? What strengths, insights, or resiliency have emerged?

In what ways has this hurt changed my worldview, values, or priorities—for better or for worse?

How can I use this experience to help others, or to bring about something positive in my life?

Worksheet 8

Maintaining Forgiveness

What practices (meditation, prayer, journaling, talking with trusted friends) can help me keep forgiveness alive?

How will I respond if I remember the hurt or if resentment sneaks back in?

What boundaries do I need to set to protect myself while still choosing forgiveness?

Worksheet 9

Uncovering the Hurt

1. **Recall the incident.**

   In your journal, describe in as much detail as you can what happened: Who was involved? What was said or done? When and where did it take place?

   What expectations did you have that were violated?

2. **Recognize the impact.**

   What emotions did you feel at the time? (anger, betrayal, shame, etc.)

   What has been the ongoing effect of this hurt in your life—on your relationships, your self-esteem, your daily thought patterns?

Worksheet 9 Continued

Uncovering the Hurt,

Identify hidden beliefs

What beliefs about yourself, about trust, or about safety were strengthened or shattered by this event?

Are there patterns of thought that arose because of it (e.g., “People always hurt me,” “I can’t be safe,” “I’m not worthy”)?

Gratitude for the Wounded Self

Purpose: Reframe pain as part of your growth.

Instructions:

List 5 things your pain has taught you.

(Example:

- **“My guilt taught me empathy.”**
- **“My shame taught me humility.”**

Thank your younger self for surviving.

Say: “I honor the path I’ve walked. I am healing.”

Practices The Pillar of the Soul

Plug Yourself into Spirit

Trust Life's Unfolding

Inviting Grace

This simple exercise reinforces the No Tension step of the Secret Formula you learned in Chapter Two of *Happy for No Reason: 7 Steps to Being Happy From the Inside Out*: Intention, Attention, No Tension.

1. **Sit quietly and write a letter to your Higher Power about a situation in your life that you would like assistance with (e.g., relationship, health, job). Write from your heart. Utilize the following blank page to write your letter or write your letter on a separate sheet of paper.**

Inviting Grace Letter:

Inviting Grace, Continued

2. **Ask that the perfect people, places, and circumstances be brought to you for the deepest fulfillment of that situation. You may want to ask for right understanding or forgiveness, if appropriate.**

3. **Put the letter somewhere meaningful to you where it won't be disturbed. Some people like to put their letter in a special book, in a sacred place in their home, or under a rock in their garden. You won't be looking at it again for a while.**

4. **Now, let go. Turn the situation over to a Higher Power. Relax, feel grateful, and invite yourself to believe that the universe is always supporting you.**

5. **Notice what happens over the next days or weeks. You may want to look at your letter in a month or two and see how the universe responded.**

Inner Listening

The Pillar of the Soul

Plug Yourself in to Spirit

Listen to Your Inner Voice

1. **Find a quiet, comfortable place to do this exercise.**
2. **Write down a question or issue you'd like guidance about. Phrase the question or issue as clearly as possible.**

Listen to Your Inner Voice, Continued

3. **Close your eyes and take several deep breaths.**
4. **Ask your inner voice about the question situation you noted.**

It may take a few moments until you feel ready, but when you do, open your eyes and start writing whatever comes to you. It doesn't matter whether it makes sense or not. Keep writing until your hand feels like it won't move any longer, not reading what you have written as you go.

Listen to Your Inner Voice, Continued

5. Now read over what you've written—you may be quite surprised at what wisdom has come out. Even a certain word or phrase may be the key to your answer.

Look for the Lesson and the Gift

The Foundation

Take Ownership of Your Happiness

1. Sit quietly by yourself. Close your eyes and take a few deep breaths.

2. Recall a specific situation that has caused you to feel wronged or to blame others.

Picture the person or people involved, the setting, and what was said or done.

3. Imagine taking several steps back and observing the situation from a distance, as though you were watching a movie on a screen.

4. What part of what happened can you take responsibility for?

Look for the Lesson and the Gift, Continued

Did you ignore signs that should have clued you in that there was a problem? Did you act in a way that might have provoked the situation? Did your thoughts or actions escalate the situation?

5. What's your lesson to learn from what happened? Do you need more patience or better boundaries? Do you need to listen more, say less?

6. Ask yourself: If this were happening for a higher purpose, what would that be? Can you find the gift?

7. Write down the most important thing you can do differently because of finding the lesson or the gift.

Forgiveness Statement / Declaration

Create a short forgiveness affirmation you can repeat and write it down. E.g., "I choose to release my anger toward _____ and embrace peace."

Decide when, where, and how often you will repeat it (morning, evening, when triggered).

Experiential Exercises

Happy for No Reason (HFNR)_Ho'oponopono Practice

Ho’oponopono is based on a powerful Hawaiian tradition of forgiveness. Doing this exercise can profoundly shift your vibration as you practice the pure art of forgiveness. You don’t have to be able to pronounce it to do this exercise.

It is based on a Hawaiian tradition of forgiveness. Forgiveness is a true cornerstone to being happier.

Some of the most amazing stories of transformation are often stories about forgiveness, because forgiveness is a very high vibrational energy that can heal anything. And we’ve all heard stories about how forgiveness has created miracles.

You’ve heard about Nelson Mandela’s story of forgiveness. He was in jail for 27 years and part-way through that time, he made a conscious decision to forgive his jailers and to love them although they were beating and abusing him.

Ho'oponopono Practice, Continued

He knew that otherwise, a life in jail was going to kill his spirit. And so he ended up forgiving and loving these jailers. Over time, they could no longer beat him up. They had so much love for him. In fact, when he was president of South Africa, some of his jailers ended up becoming his bodyguards and sitting in the front row during his inauguration! Forgiveness can create miracles.

This specific Hoʻoponopono practice was made known to the world outside of Hawaii by a doctor named Dr. Hew Len in Hawaii, while he was working in a psychiatric ward of the state hospital for

criminally insane patients. Dr. Hew Len never actually met the inmates, but he would look at an inmate's chart and practice the modern version of this ancient Hawaiian technique on each of the people in the ward.

It was remarkable because this ward was truly known for the criminally insane. People were there who were dangerous. The staff didn't even want to

Ho'oponopono Practice, Continued

go to work in the ward because it was a dangerous place.

After Dr. Hew Len did this practice, remarkable things started happening. Patients who in the past had to be shackled were now being allowed to walk around freely. They weren't harming people. Other patients who had been heavily medicated were getting off their medications. People whom they thought would never have a chance of being released were freed. The staff started enjoying coming to work and absenteeism went down. After a couple of years of doing this consistently, the entire ward was closed because the patients were released and the facility was no longer needed.

This is simple but profoundly powerful practice.

Now, bring to mind a person or situation that you need to forgive. You can do this with your eyes open, but you may find that it works more effectively when you close your eyes.

Ho'oponopono Practice, Continued

So please close your eyes and think about that situation where you're holding anger or hatred or resentment in your heart. You could do this practice towards yourself, but start off with somebody else, some anger that you might have sent somebody else.

Put your attention on your heart and repeat these four phrases repeatedly, silently, while you're sending the wish towards that person.

The four phrases are:

"I'm sorry.

Please forgive me.

Thank you.

I love you."

"I'm sorry. Please forgive me. Thank you. I love you."

Just silently in your heart. "I'm sorry. Please forgive me. Thank you. I love you."

Ho'oponopono Practice, Continued

Just take a moment to do that as you're imagining the person or situation that you're holding that anger or resentment towards. "I'm sorry. Please forgive me. Thank you. I love you."

Ho'oponopono Practice, Continued

Now get an image of yourself sitting in front of you, because whenever we're angry at somebody else, there's always something within ourselves that we need to forgive as well.

So now you can do the same practice, sending this wish towards yourself. "I'm sorry. Please forgive me. Thank you. I love you. I'm sorry. Please forgive me. Thank you. I love you. I'm sorry. Please forgive me. Thank you. I love you."

Then you can slowly open your eyes. Notice if you feel any different—you feel a little bit more lightness. How do you feel?

Now, sometimes you might need to do this every day for a week or for a month in order to experience some real shifts. What's so beautiful about this exercise is that it doesn't involve the other person. You're not doing this for the sake of the other person. You're doing this for your own benefit.

Ho'oponopono Practice, Continued

The purpose of the exercise is to begin to release the pain and contraction in your own heart. It doesn't condone the behavior of the other person. It doesn't matter whose fault it is. It doesn't even matter if the person is still alive. You don't need to go do this directly with the other person. It's really for your own benefit of forgiveness because forgiveness will change your energetic vibration.

Keep doing this practice every day until you feel a significant shift in your heart. We're working with a pure level of forgiveness and it's an easy and simple technique to practice. It's been used by millions of people to shift their energy to a greater level of openness, freedom, love, and happiness.

Ho'oponopono Practice, Continued

Here's what Dr. Hew Len says about how this technique works. He says, "These four sentences clear out unconsciously accepted beliefs, thoughts, and memories that you don't even know are holding you back. And they return you to a state of love, which is the natural state of the Divine and of the world."

So I leave you with this quote by Dr. Martin Luther King, who said, "Forgiveness is not an occasional act. It is a constant attitude."

Let us each practice forgiveness in our lives and let that spread throughout the world.

Pillar of the Heart

Let Love Lead

Practice Forgiveness

Forgiveness Process

1. Sit someplace where you will not be disturbed.

2. Close your eyes and think of someone you are holding anger, hatred, or resentment toward in your heart.

3. Take a couple of deep breaths and let yourself feel your feelings without having to do anything about them. Just notice them.

4. Now, realize that the person's hurtful action can't be changed. It's in the past and there is absolutely nothing that can be done to affect it now. Feel the finality of that.

Forgiveness Process, Continued

5. Also realize that this person may never change. They are the way they are. Take a few deep breaths as you accept the truth of that.

6. Now, see that the person is the way they are—and did whatever they did—because they have some pain, some lack, some woundedness. They may not even realize it themselves, but it's there. People only hurt others because they are hurt themselves. See them through the eyes of compassion for their own suffering.

Imagine they are a child that is hurting, lashing out at others in their own pain.

Can you feel compassion for them?

7. Sit quietly for a minute or two more, just feeling the expansion that compassion—in any amount—brings to the heart.

NOTE: It's okay if you still feel angry; the purpose of this exercise is to begin to release the pain in your heart, not to excuse anyone for their actions.

Forgiveness Process, Continued

Keep repeating this exercise until you feel a shift, however small, in your heart. Your forgiveness will grow as you feel more compassion.

Forgiveness Meditation

Worthington, E. L., & Scherer, M. (2004).

Theory, review, and hypotheses. *Psychology & Health, 19*(3), 385–405.
https://doi.org/10.1080/0887044042000196674

Forgiveness is an emotion-focused coping strategy that can reduce health risks and promote health resilience.

Purpose: Releases resentment, guilt, and shame toward oneself or others.

Why it works:

Encourages emotional release and peace.

Forgiveness Meditation, Continued

Instructions:

Silently repeat the following phrases during meditation:

- **"If I hurt anyone knowingly or unknowingly, I ask for forgiveness."**
- **"If others have hurt me knowingly or unknowingly, I forgive them."**
- **"If I have hurt myself, I forgive myself."**

The Roof

Live a Life Inspired by Purpose

Follow the Inspiration of the Moment

Acting from Inspiration

Think of inspiration as being in-spirit, being led by your soul throughout the day. A wonderful way to act from inspiration is to start your day by asking yourself the following questions, which are adapted from the book, *A Course in Miracles*.

Follow the Inspiration of the Moment, Continued

Here's what you do:

1. Close your eyes, and take a few deep, slow breaths

2. Ask yourself these three questions:

What would Spirit have me do?

Where would Spirit have me go?

What would Spirit have me say, and to whom?

3. As you move through your day, use the answers you receive to "light the 200 feet in front of you" on your way.

Ritual of Letting Go

Use some physical or symbolic act to mark your forgiveness choice (for instance: writing the hurt on paper and burning it, tearing up a paper, burying it, or some ritual that has meaning for you).

After the ritual, note what feelings arise—relief, resistance, sadness—and what changes in you are noticeable.

Commitment to Ongoing Healing

What practices will you establish or continue to help with forgiveness: journaling, prayer/meditation, talking with a trusted person, therapy, etc.?

What will you do if old hurts or resentment resurface? How will you recommit to forgiveness then?