COMPLETING THE FORGIVENESS LIST WORKSHEET

On the next page, make a list of all the people (or groups) that have upset you, victimized you or have caused you difficulties in your life, past or present. They can be alive or dead, personally known to you or not. List them even if you think you have "dealt with" that particular person or situation or issue. [Most likely you have "dealt with it" through traditional forgiveness or you may have done a spiritual bypass.]

If you know the underlying "issue," write a word or phrase that best describes it. For example"

> **Lied to; let down; betrayed; cheated on; abandoned; discriminated against; used; exploited; beaten; raped; abused; controlled; disowned; attacked; ignored; put down; rejected; etc.**

Then note the feeling that seems to be connected with it, such as: **angry, resentful, sad, jealous, vengeful, fearful, hurt, etc.**

Then, by using a scale of 1-100, indicate how much emotional charge you still have around this "story." **20** would be minimal (when you think about it, you don't notice any changes in your body or emotions), **60** would mean that you still feel attached to your story and still have a charge around it, and **100** suggests that you are still consumed by it. Tune in with your body, scanning it thoroughly, and allow it to determine the degree of charge you have around a particular issue. Be completely honest.

If you are having a difficult time coming up with things to forgive, here are some ideas:

FAMILY
Mother
Father
Siblings
Relatives
Grandparent
Children

ASSOCIATES
Friends
School
Work
Teammates
Teachers
Bosses
Business Partner

MY BODY
Body Type
Looks
Size
Health
Energy
Doctors

SPIRITUAL
God
Life
Church
Minister
Guru

SOCIETY
Government
Politicians
Schools
Races
Disasters
Lawyers
Professional

BELOVEDS
Lovers
Spouses
Partners
Hopefuls

FORGIVENESS LIST WORKSHEET
Name_____

Person or Group	Event/Story	Core Feeling	Charge (1-100)

FORGIVENESS LIST WORKSHEET

Name_____

Person or Group	Event/Story	Core Feeling	Charge (1-100)