

BE FORGIVENESS WORKSHEET

1. Describe Your Trigger Event:

2. Make a Concrete Observation (Who, What, Where, When, How long, How often, What was said, or What was done):

Widen Your Circle of Compassion

As we learn to have compassion for ourselves, the circle of compassion for others – what and whom we can work with, and how – becomes wider.
 – Pema Chödrön, *When Things Fall Apart*

3. Write a JUDGMENT (You should/shouldn't):	4. Rewrite Judgment as a SELF-JUDGMENT (I should/shouldn't):
8. How could this NEED for _____ be true for the other person?	5. I believe this SELF-JUDGMENT is true for me when I ...
7. Empathy for Other Person from Step 1 (Enter FEELING & NEED from Step 6): _____, did you feel _____ because you needed _____ ?	6. What did I FEEL and NEED when this SELF-JUDGMENT was true for me? I felt _____ because I needed _____.

I Choose to Forgive

9. Forgive Yourself	10. Forgive the Other Person
<p>Your FEELING from Step 6: _____</p> <p>Your NEED from Step 6: _____</p> <p><i>Relive your past memory from Step 5 and 6. Feel the feeling in your body. Acknowledge your underlying need. See that your actions were motivated by a need. Feel a deep, tender yearning to alleviate your suffering regarding this past experience.</i></p>	<p>Other person's FEELING from Step 7: _____</p> <p>Other person's NEED from Step 7: _____</p> <p><i>Reimagine the trigger event from Step 1 from the point of view of the other person's feelings and needs using your answers to Step 7 and 8. Feel the feelings of this person and see the fragile nature of their need. See the other person ask you for your forgiveness.</i></p>
<p>Imagine a sphere of pink light surrounding your body, wrapping you in the feeling of love. Say the following words of forgiveness below:</p> <p>I forgive myself for _____ and for behaving in a way that may not have fostered love, kindness, and peace.</p> <p>I let go of my shame (guilt, regret, etc.) about _____ .</p> <p>I see that love is my true nature, and I am a creative part of the universe. I love and accept myself as I am in this moment. I trust in my basic goodness. I know I am more than any action.</p> <p>I give thanks for _____ .</p> <p>I embrace my past mistakes as a path to growth. I am ready to be free. I am ready to be happy. I am ready to live.</p> <p>May I experience _____ by trusting in the love of the universe.</p>	<p>Imagine a thread of light tying you and the other person together. Free yourself by saying these words of forgiveness below:</p> <p>_____, I forgive you for _____.</p> <p>I understand that _____ had nothing to do with our love (care, respect, etc.) for one another.</p> <p>I let go of my anger (fear, sadness, etc.) about _____ .</p> <p>I see that love is your true nature, and you are a creative part of the universe. I love and accept you as you are in this moment. I trust in your basic goodness. I know you are more than any action.</p> <p>Thank you for teaching me _____ .</p> <p>I am ready to be free. I am ready to be happy. I am ready to live.</p>

Compassion & Undiscriminating Kindness: Recall the same tender yearning to alleviate suffering you developed in Step 9 for yourself and express a sincere desire for the other person's NEED to be fulfilled in the future:

_____, may you experience _____ by knowing a loving universe.

In your imagination, see the other person filled with feelings of happiness, peace and ease. See their need fulfilled and their suffering lifted. Encircle the other person in the pink light of love – cradled by the Divine, where there is only unity. Notice the thread of light tying you and the other person together. Untie the thread from your heart and see it slip away and dissolve into nothingness.

List of Feeling Words: What do I feel when my needs ARE NOT met?

Scared

Frightened
Mistrustful
Bewildered
Disturbed
Startled
Shocked
Afraid
Dread
Unsafe
Alarmed
Freaked Out
Worried
Terrified
Concerned
Panicky

Sad

Disappointed
Discouraged
Disheartened
Depressed
Hopeless
Despair
Sullen
Gloomy
Unhappy
Dejected
Morose
Bummed Out
Glum
Rotten

Irritated

Cranky
Crabby
Grouchy
Impatient
Dissatisfied
Frustrated
Aggravated
Annoyed
Agitated
Thwarted
Impotent
Grumpy

Hostile

Dislike
Disgusted
Repulsed
Grossed Out
Contempt
Horrorified
Defiant
Antagonistic
Hateful

Angry

Disgruntled
Resentful
Furious
Enraged
Upset
Hateful
Mean
Mad
Irate

Anxious

Tense
Nervous
Overwhelmed
Stressed
Jittery
Stiff
Moody
Edgy
Touchy
Out of Sorts
Uptight

Exhausted

Tired
Sleepy
Fuzzy
Depleted
Sick
Worn Out
Listless
Burnt Out
Beat
Weary
Slow

Pain

Grief
Hurt
Lonely
Miserable
Devastated
Desperate
Heartbroken
Bereaved
Troubled
Achy

Detached

Bored
Disconnected
Distracted
Withdrawn
Reserved
Lifeless
Aloof
Numb
Dull

Guilty

Self-Conscious
Embarrassed
Ashamed
Awkward
Regret
Dirty
Unworthy

Confused

Uncertain
Ambivalent
Lost
Hesitant
Torn
Puzzled
Unsure
Spacey
Indecisive
Shy

Sensitive

Fragile
Shaky
Defensive
Insecure
Humiliated
Helpless
Leery
Guarded
Vulnerable

Jealous

Envious
Bitter
Longing
Yearning
Nostalgic

Uncomfortable

Restless
Uneasy
Unnerved
Surprised

This word list is based on the work of Marshall B. Rosenberg and the *Center for Nonviolent Communication*, www.cnvc.org.

List of Feeling Words: What do I feel when my needs ARE met?

Happy	Confident	Grateful	Excited	Relaxed
Optimistic	Hopeful	Thankful	Thrilled	Calm
Good Humored	Empowered	Appreciative	Exhilarated	Rested
Hopeful	Responsible	Admiring	Engaged	Mellow
Joyful	Intelligent	Gracious	Energetic	Rejuvenated
Delighted	Approachable	Moved	Stimulated	Refreshed
Cheerful	Adequate	Tender	Aroused	Comfortable
Glad	Fulfilled	Touched	Exuberant	Tolerant
Elated	Satisfied	Expansive	Ecstatic	
Pleased	Complete	Humble	Overjoyed	
Giddy	Content	Giving	Animated	
Jubilant	Honest	Sharing	Dazzled	
Easygoing	Open	Sincere	Eager	
Lighthearted	Proud			
Sunny	Solid			
Adventurous	Healthy	Loving	Peaceful	Safe
Amused	Open minded	Affectionate	Harmonious	Relieved
Courageous	Genuine	Understanding	Balanced	Connected
Resourceful	Alive	Friendly	Graceful	Secure
Spontaneous	Radiant	Welcoming	Serene	Assured
Creative	Beautiful	Empathetic	Gentle	Trusting
Brave	Lively	Warm	Flowing	Reliable
Playful	Vibrant	Openhearted	Centered	Certain
Passionate	Upbeat	Compassionate	Blissful	
Enthusiastic	Glowing	Supportive	Whole	
Motivated	Youthful	Sympathetic	At Ease	
Invigorated	Active	Fervent	Tranquil	
Outgoing	Bright	Helpful	Quiet	
Carefree	Strong	Caring	Still	
Daring	Mature	Kind	Light	
Free	Natural			
Bold				
Fascinated	Focused			
Curious	Alert			
Wonder	Awake			
Intrigued	Productive			
Amazed	Conscientious			
Enchanted	Adaptable			
Interested	Clearheaded			
Absorbed				

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List of Needs: What do I need to be my best self?

Connection	Purpose	Authenticity	Expression	Independence
To be Understood	Meaning	Honesty	To Share Stories	Individuality
To Be Known	Intention	Integrity	To Be Creative	Empowerment
Appreciation	Self-Worth	Real Presence	To Be Seen	To Be Separate
Shared Values	Competence	Thoughtfulness	To Teach	Time to Think
Consideration	Contribution	Awareness	To Invent	Self-Reliance
Acceptance	Recognition	Self-Respect	To Reinvent	Freedom
Conversation	To Be Effective	Respect	To Envision	Options
Social Interaction	To Accomplish	Patience	To Build	Choice
Mutuality	To Be Valued	Tolerance	To Inspire	Space
Feedback	To Matter	Fairness	To Talk	
To Listen	To Share	Truth		
To Be Heard	To Serve			
Security	Nurture	Spirituality	Celebration	Belonging
Trust	Affection	Compassion	Honor	Companionship
Stability	Warmth	Communion	To Praise	Collaboration
Shelter	Caring	Groundedness	To Offer Thanks	Community
Routine	Self-Care	Reconciliation	To Give	Cooperation
Reassurance	Bonding	To Rejoice	Shared History	Participation
Emotional Safety	Comfort	Forgiveness	Shared Culture	Partnership
Physical Safety	Self-Empathy	Harmony	Reunion	Friendship
Consistency	Empathy	Healing	Mourning	Inclusion
Dependability	Food/Water	Grace	Aliveness	
Accountability	Exercise	Hope		
Responsibility	Sleep	Faith		
Adaptation	Rest			
Leadership				
Protection				
Peace	Growth	Play	Intimacy	
Wholeness	To Learn	Curiosity	Love	
Relaxation	To Practice	Laughter	Closeness	
Balance	Healthy Risks	Humor	Relationship	
Optimism	Change	Movement	Sensuality	
Stillness	To Discover	Happiness	Sexuality	
Beauty	Information	Spontaneity	Support	
Clarity	To Understand	Adventure	Touch	
Quiet	Challenge	Pleasure	To Embrace	
Calmness	Goals	Energy	To See	
Order	Focus	Fun		
Ease	Birth	Joy		

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