

THE RADICAL FORGIVENESS WORKSHEET:

An Instrument for the TRUE Transformation of a Grievance

Date: _____ Worksheet # _____ Subject: (X) Whomever you are upset with: _____
 [Fill in all blanks marked (X) with the name of the subject].

Tip: To fully anchor the transformation, speak everything written here, and what you write out loud.

1. TELLING THE STORY

1. The situation around which I have an upset is or was: *(Tell the story totally from your victim standpoint only - i.e. old paradigm. Use additional paper if necessary.)*

2a) **CONFRONTING X:** I am upset with you, (x) _____ because:

2b) Because of what you did (are doing), **I FEEL:** *(Identify your real emotions.)*

ACKNOWLEDGING MY OWN HUMANNESS

2. FEELING THE FEELINGS

3. I lovingly recognize and accept my feelings and judge them no more. I am entitled to my feelings.

Willing	Open	Skeptical	Unwilling

4. I own my feelings. No one can make me feel anything. My feelings are a reflection of how I see the situation.

Willing	Open	Skeptical	Unwilling

5. My discomfort was that I was withholding love from myself, and (X) _____ by judging, holding expectations, wanting (X) _____ to change and seeing (X) as less than perfect. *(List the judgments, expectations and behaviors that indicate that you were wanting him/her/them to change.)*

(Note: Look to see how many of these judgments and expectations you are making about yourself).

NOW COLLAPSING THE STORY

3. COLLAPSING THE STORY

6. I now realize that in order to feel the experience more deeply, my soul has encouraged me to create a BIGGER story out of the event or situation than it actually seemed to warrant, considering just the facts. This purpose having been served, I can now release the energy surrounding my story by separating the facts from the interpretations I have made up about it. *(List the main interpretations and circle the level of emotion and attachment you have around each interpretation NOW.)*

INTERPRETATIONS I MADE UP ABOUT THE ABOVE EVENT

LEVEL OF EMOTION NOW

_____	High Medium Low Zero
_____	High Medium Low Zero
_____	High Medium Low Zero

3. COLLAPSING THE STORY

7. CORE-NEGATIVE BELIEFS I EITHER MADE UP FROM MY STORY OR WHICH DROVE THE STORY

(Check those that apply.)

I will never be enough		It is not safe to be me		I am always last or left out		People always abandon me	
It is not safe to speak out.		I should have been a boy/girl.		No matter how hard I try, it's never enough.		Life's not fair.	
No one is there for me.		I am unworthy.		I don't deserve.		I must obey or suffer.	
Others are more important than me.		It is not good to be powerful/ successful/ rich/outgoing.		No one will love me.		I am unlovable.	
I am alone		Other					

NOW OPENING TO A REFRAME

8. I now realize that my soul encouraged me to form these beliefs in order to magnify my sense of separation so I could feel it more deeply for my spiritual growth. As I now begin to remember the truth of who I am, I give myself permission to let them go, and I now send love and gratitude to myself and (X) _____ for creating this growth experience.

Willing	Open	Skeptical	Unwilling

NOTICING A PATTERN AND SEEING THE PERFECTION IN IT

TOWARDS THE REFRAME

9. I recognize that my Spiritual Intelligence has created stories in the past that are similar in circumstance and feelings to this one in order to magnify the emotional experience of separation that my soul wanted. I see this as evidence that, even though I don't know why or how, my soul has created this particular situation, too, in order that I learn and grow. *(List similar stories and feeling experiences (as in 2b) and note the common elements in them.)*

Willing	Open	Skeptical	Unwilling

10. I now realize that I get upset only when someone resonates in me those parts of me, I have disowned, denied, repressed and then projected onto them. I see now the truth in the adage, "If You Spot It, You've Got It!" It's me in the mirror!

Willing	Open	Skeptical	Unwilling

11. (X) _____ is reflecting what I need to love and accept in myself. Thank you (X) _____ for this gift. I am now willing to take back the projection and own it as a part of my shadow. I love and accept this part of me.

Willing	Open	Skeptical	Unwilling

12. Even though I may not understand it all, I now realize that you and I have both been receiving exactly what we each had subconsciously chosen and were doing a dance with and for each other to bring us to a state of awakened consciousness.

Willing	Open	Skeptical	Unwilling

13. I now realize that nothing you, (X)_, have done is either right or wrong. I am able now to release the need to blame you or anyone else. I release the need to be right about this, and I am **WILLING** to see the perfection in the situation just the way it is.

Willing	Open	Skeptical	Unwilling

14. I am willing to see that, for whatever reason, my mission or 'soul contract' included having experiences like this and that you and I may have agreed to do this dance with and for each other in this lifetime. If it is for the highest good for both of us, I now release you and myself from that contract.

Willing	Open	Skeptical	Unwilling

THE RADICAL FORGIVENESS WORKSHEET:

4. REFRAMING THE STORY

15. I release from my consciousness all feelings of... (Refer back to what you put in Box # 2b and enter those words here with any other feeling words that you would have listed in 2B having had them come to mind since, and then make a point of saying this statement out loud for each of the words):

THE REFRAME STATEMENT

16. The story in Box #1 was your Victim Story, based in the old paradigm of reality (victim consciousness). Now attempt a different perception of the same event (a reframe), from your new empowered position, based on the insights you have experienced as you have proceeded through this worksheet. (It may simply be a general statement indicating that you just know everything is perfect, or a statement that includes things specific to your situation if, that is, you can actually see what the perfection is. Often you cannot. Be careful not to do a reframe that is based in 'world of humanity' terms. Note any positive shift in feeling tone.)

I now realize . . .

5. INTEGRATING THE SHIFT

17. I completely forgive myself, _____ and accept myself as a loving, generous and creative being. I release all need to hold onto emotions and ideas of lack and limitation connected to the past. I withdraw my energy from the past and release all barriers against the love and abundance that I know I have at this moment. I create my life, and I am empowered to be myself again, to unconditionally love and support myself, just the way I am, in all my power and magnificence.

18. I now SURRENDER to the Higher Power I think of as _____ and trust in the knowledge that this situation will continue to unfold perfectly and in accordance with Divine guidance and spiritual law. I acknowledge my Oneness and feel myself totally reconnected with my Source. I am restored to my true nature, which is LOVE, and I now restore love to (X) _____. I close my eyes in order to feel the LOVE that flows in my life and to feel the joy that comes when the love is felt and expressed.

19. A Note of Appreciation and Gratitude to You (X) _____. Having done this worksheet,

I completely forgive you, (X) _____, for I now realize that you did nothing wrong, and everything is in Divine order. I bless you for being willing to play a part in my awakening — thank you — and honor myself for being willing to play a part in your awakening. I acknowledge and accept you just the way you are.

20. A Note To Myself:

I recognize that I am a spiritual being having a spiritual experience in a human body, and I love and support myself in every aspect of my humanness.

Radical Acceptance

A Tipping Method Worksheet for Seeing the Divinity in Any Human Being

1. I recognize that I am finding it difficult to accept _____ as he/she is. The problem I have with him/her is:

2. The main feelings I am experiencing within myself right now as I bring _____ to mind are:
(be totally honest and use feeling words.)

3. I honor my feelings and claim my right, as an awakened human being, to experience emotions and to be responsive to them. I value them because they give me good feedback about how I am seeing
 AGREE DISAGREE

4. Even though I am not aware of what it might be, I am open to the possibility that _____ is in my life for a reason and possibly is here to provide me a lesson or healing opportunity.
 AGREE DISAGREE

5. I recognize that I may be using _____ to not only create some fresh pain of separation within myself, but also to leverage one or more similar instances of separation between myself and other important people in my life. *For example:*

6. I am therefore recognizing in _____, from whom I have withheld love and have judged, a soulmate on a mission to awaken me to the truth of who I truly am, who he/she is, and who those are from whom I have withheld love previously. We are all part of the one Divine Essence.
 AGREE DISAGREE

7. Even though I know there is no requirement that I like _____ as a human being, nor approve his/her behavior in human terms, I am now willing to see the light in him/her and to know that the person's soul is Love, pure and simple and he/she is, therefore, perfect in every way.
 AGREE DISAGREE

8. I am feeling a sense of Oneness with _____ now and feel gratitude for this person being in my life.
 AGREE DISAGREE

Signed: _____ Date: _____