My Forgiveness List

These are the people (individual, group, institution, or governmental agency), who come to mind as having, at some time in the past or even now, hurt me, damaged me, offended me, abused me, betrayed me, abandoned me, cheated me, or in some other way made me feel antipathy towards them that I have not let go. One a scale of 1 - 100, my feelings ranged from hatred and revulsion **(100%)** to mild distaste **(5%)** for what they did or are doing. I have indicated in the right-hand column the degree of antipathy, in percentage terms, I have ***today*** towards this person, group, institution or governmental agency.

PERSON OR ENTITY AND WHAT THEY DID OR ARE DOING TO ME	%

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