

The 'Quick' Radical Forgiveness Worksheet (Up to and Including Collapsing the Story)

The person/organization I am feeling victimized by is _____

MY VICTIM STORY ABOUT HIM/HER/IT (Stage 1, Telling the Story.)

I am feeling victimized because . . . _____

I am feeling ... (Stage 2, Feeling the Feelings.) _____

And, I am entitled to my feelings!

What I feel like saying to him/her/it now is, "You . . . _____

CONVENTIONAL FORGIVENESS (Stage 3, Collapsing the Story.)

Pain is pain, and it's OK to feel it. I am entitled to it because of what happened. But, I am now willing to see my suffering as optional. My suffering comes from what I have added to the situation (assumptions, interpretations, etc.), and what I have withheld (understanding, compassion, empathy and mercy). Agree Disagree

I now, therefore, realize I can reduce my suffering simply by letting go of my need to blame and to be right, while allowing myself to walk in the perpetrator's shoes for a while, trying to understand why he/she/it did this to me, and exercising some empathy, compassion and mercy. Even though I still feel I have been wronged and hurt, I find that simply by doing this, I am able to decrease my suffering by about 1/4; 1/3; 1/2; 2/3; 3/4. (Circle one.)

I recognize, too, that I had enlarged my victim story and increased my suffering considerably by jumping to conclusions, adding a lot of false interpretations about what happened, holding unrealistic expectations and making all sorts of erroneous assumptions. By dropping these, I am now able to reduce my suffering even more.

I now see that only a fraction of my story reflects what actually happened. The rest is just what I made up about it, and accounts for the majority of my suffering. But, even so, I still feel unable to truly forgive. Agree Disagree