



Reflection:

Forgiveness - To Give Completely



The Human Story

From the podcast:

The Human Story

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Forgiveness- To Give Completely

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"Forgiveness is not a feeling. It is a process. It is a decision. It is an act."

Before You Begin

Forgiveness is often spoken about as though it should happen quickly.

But real forgiveness rarely arrives on demand.

It unfolds through honesty. Through feeling. Through truth. Through boundaries. Through time.

This worksheet is not about forcing forgiveness.

It is about creating space for truth, healing, and freedom.

Take your time.



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Disclaimer: This content is for informational purposes only and is not medical or therapeutic advice. Please consult a qualified healthcare professional for personal concerns.

Naming the Wound

1. What comes to mind when you hear the word forgiveness?

Without overthinking it, write the first thoughts, feelings, memories, or faces that come to mind.

2. Where in your life is forgiveness currently asking for your attention?

Who comes to mind?

- A parent?
- A partner?
- A friend?
- Yourself?
- God?
- Someone from your past?

Write honestly:

3. What actually happened?

Without editing the story...

What hurt you?

What was lost?

What expectation was broken?



4. What emotions are living underneath this?

Check what applies:

- ☐ Anger
- ☐ Betrayal
- ☐ Disappointment
- ☐ Rejection
- ☐ Abandonment
- ☐ Shame
- ☐ Resentment
- ☐ Grief
- ☐ Confusion
- ☐ Fear

Other:

The Process

5. Can you accept what happened... even if you don't yet forgive it?

Acceptance is not approval.

Acceptance is saying:

"This happened."

What part of reality are you still resisting?

6. Are you waiting for justice... apology... or understanding?

Be honest:

Am I stuck because I need:

- ☐ An apology
- ☐ Accountability
- ☐ Explanation
- ☐ Justice
- ☐ Validation
- ☐ Closure
- ☐ Something else

What am I still hoping for?



7. What part of this is mine to own?

Without blaming yourself...

Are there boundaries you didn't set?

Needs you didn't voice?

Patterns you repeated?

Reflection:

"Anger, when fully felt, can become a straight line into truth."

What truth might your anger be trying to show you?

Creating an Opening

8. What would freedom look like here?

Not reconciliation.

Not pretending.

Not forgetting.

But freedom.

If this no longer had power over you... what would feel different?



9. What boundary might forgiveness require?

Forgiveness without boundaries often becomes self-abandonment.

What boundary may need to exist moving forward?

10. Where are you honestly today?

Circle one:

(NOT READY) (PROCESSING) (OPENING) (READY TO RELEASE)

Why here?

Closing Reflection

Read slowly:

To forgive is not to excuse.

It is not to forget.

It is not to pretend it didn't hurt.

To forgive... is to stop carrying what is no longer yours to carry.

To forgive... is to give completely.

Continue the Journey.

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