

SelfLove: Forgiveness Worksheet

Name: _____

Date: _____

Answer each question in the space provided.

1. define forgiveness:

2. some things I have forgiven in the past are:

3. somethings I have been forgiven for are:

4. I need help forgiving myself for:

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5. I want to release myself of blame for:

6. my forgiveness is dependent on:

7. to aid in my journey, I am willing to let go the need of forgiveness from:

8. I forgive God for:

9. I forgive myself. (write three times)

10. I am forgiving. (write three times)

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