Making Room for The Miracle

A Radical Forgiveness Worksheet

Date: Worksheet #: **Subject: (1)** (Name/role of person you are upset about)

1. The situation causing my discomfort as I perceive it now is:

2a) **CONFRONTING #:** I am upset with you because:

2b) Because of what I did or could/can be doing. (**FEEL**) (Identify your feelings/emotions here)

SPACE FOR ADDITIONAL COMMENTS

a. I lovingly release you and accept my feelings and judgments as mine.

Willing	Open	Receptive	Unfolding

b. I own my feelings. Nonetheless I believe my feelings of _____ are the result of how I see this situation.

Willing	Open	Receptive	Unfolding

c. Even though I don't know why or how I can see that my soul has chosen this situation for the purpose of healing and growth.

Willing	Open	Receptive	Unfolding

4) I am holding some fear about my life as well as resisting (all) the future events of my life. But I'm open to the miracle of new perceptions that I can receive right now. I'm open to the possibility that I can receive a miracle right now. I'm open to the possibility that I can receive a miracle right now. I'm open to the possibility that I can receive a miracle right now.

5. I am willing to take responsibility for my part in this relationship. I am willing to see how I have created this relationship as a mirror for me to see myself more clearly. I am willing to see how I have created this relationship as a mirror for me to see myself more clearly.

Willing	Open	Receptive	Unfolding

6. My inner dialogue is my signal that I am not feeling love for myself or for you. In my inner dialogue, I am willing to see how I have created this relationship as a mirror for me to see myself more clearly. I am willing to see how I have created this relationship as a mirror for me to see myself more clearly.

SPACE FOR ADDITIONAL COMMENTS

7. I realize that I get upset only when someone reminds me of a part of myself that I have disowned, denied, or unwilling to accept or be there.

Willing	Open	Receptive	Unfolding

8. (1) _____ is reflecting what I have done and accepted in myself.

Willing	Open	Receptive	Unfolding

9. (2) _____ is reflecting a misperception of mine. I am giving (2) back to myself and withdrawing my projection.

Willing	Open	Receptive	Unfolding

10. I now realize that nothing (1) or any one else has ever had the right to make me feel any judgment.

Willing	Open	Receptive	Unfolding

11. I withdraw the mean projections and to be right and I am **FILLING** to see the perfection in this situation and thereby the

Willing	Open	Receptive	Unfolding