

The Radical Forgiveness Worksheet

An Instrument for the TRUE Transformation of a Grievance

Name: _____ Address: _____ Date: _____

By filling out this worksheet you are acknowledging your responsibility for, and taking ownership of, the

1. I have been hurt by _____ (name of person or institution) who has caused me to feel _____ (describe your feelings).

2. I have been hurt by _____ (name of person or institution) who has caused me to feel _____ (describe your feelings).

3. I have been hurt by _____ (name of person or institution) who has caused me to feel _____ (describe your feelings).

How do I feel about this situation?

4. I feel _____ (describe your feelings) about this situation. I feel _____ (describe your feelings) about this situation. I feel _____ (describe your feelings) about this situation.

5. I feel _____ (describe your feelings) about this situation. I feel _____ (describe your feelings) about this situation. I feel _____ (describe your feelings) about this situation.

How do I feel about the other person?

6. I feel _____ (describe your feelings) about the other person. I feel _____ (describe your feelings) about the other person. I feel _____ (describe your feelings) about the other person.

How do I feel about the other person?	How do I feel about the other person?
_____	_____
_____	_____
_____	_____
_____	_____

7. I feel _____ (describe your feelings) about the other person. I feel _____ (describe your feelings) about the other person. I feel _____ (describe your feelings) about the other person.

How do I feel about the situation?

8. I feel _____ (describe your feelings) about the situation. I feel _____ (describe your feelings) about the situation. I feel _____ (describe your feelings) about the situation.

9. I feel _____ (describe your feelings) about the situation. I feel _____ (describe your feelings) about the situation. I feel _____ (describe your feelings) about the situation.