

Name _____ **Forgiveness**



Forgiveness

I am feeling resentful towards _____ because they

Other things I am feeling are (circle all that apply):

- | | | | |
|---------------|-------------|-------------------|-------------|
| anger | bitterness | annoyance | confusion |
| disgust | abandonment | betrayal | lost |
| insecure | anxious | failure | helpless |
| hopeless | confused | defensive | sad |
| discouraged | hatred | taken for granted | frustrated |
| fear or panic | dread | unsupported | humiliation |
| shock | unworthy | worthless | vulnerable |

How much time do you spend thinking about or reliving what happened?

Do these thoughts benefit you? Why or why not?

