

Name _____ **Forgiveness**

Forgiveness Journaling Prompts

- I wish that ____
- When I think about ____, I feel ____
- Things would be different if ____
- It would be easier to forgive ____ if ____
- If I forgive ____, I think that ____
- If I don't forgive ____, I think that ____
- Forgiving ____ would mean ____
- Forgiveness would be better than this because ____
- What stands in the way of me and forgiving ____ is ____
- I think that ____ did what they did because ____
- Through no fault of my own, I have become caught up in a cycle of ____
- I can break this cycle by ____
- I can feel compassionate towards the person who hurt me about ____
- Forgiveness is ____
- Forgiveness is not ____
- Forgiving ____ will change ____
- Forgiving ____ will not change ____

