

Name _____ **Forgiveness**



Forgiveness

The person who hurt me is _____

The emotions I feel as a result of this person and/or this situation are

Holding on to these emotions are affecting my life in the following ways:

If this person were in front of me right now, I would tell them

Forgiving this person would be easier if

If none of those things happen, in order to forgive this person I will have to
