

FORGIVENESS WORKSHEET:

INSTRUCTIONS: Study this example. Then on the following page, make a list of the people who have hurt you, starting with your parents. Then include God, siblings, teachers, friends, bosses, authority figures, wives, husbands, children, abusers, churches, etc. It may be helpful to review Genesis Process Two, Three, and Five to fill in the list. Use the examples below to help you begin your own list. As a rule of thumb, do not exclude people you think you've already forgiven. Pray and ask God to reveal additional wounds. Remember, this workbook is not going to be seen by the people that wounded you. Do not protect them by eliminating them from your list. This is not dishonoring your parents. It is admitting your true feelings.

Person:	Wound:	Judgment or unforgiveness:	Vow or Survival Lie:	Effect it had on you:	Their Debt: (What they owe You)
Dad	Alcoholic, withdrawn, unavailable	He was weak, cowardly, selfish, didn't care. He won't help.	I don't need him anyway. Can't trust anyone. I have to meet my own needs.	Isolated. Try to control vulnerable thoughts & feelings. Afraid. Workaholic. Heart palpitations, digestive disorder.	An apology, Own up to what he did. Respect. Attention. Interest.
Mom	Used me to fulfill lack of relationship with father. Taught me – don't trust, don't feel, don't talk	My mom only cares about my dad. My mom is a liar. She never loved me.	Role of women to worry. Responsible for everything. Other's needs are more important than mine. I'll be love when I am perfect.	Don't talk about fears. Codependency-make mom look good. Don't show weakness. My feelings don't matter.	Owes me for all the time I took care of her.
Mrs. Jones, 6 th Grade Teacher	Told me I was lazy and stupid.	She hated me. She didn't want to understand me.	Teachers and authority are out to hurt me.	Always fought against teachers and authority. Expelled from school. Fired from jobs.	Justice Apology Respect
Sister	Legally stole my inheritance.	She is evil, sneaky, a hypocrite and a thief.	I will reject her first, write her off.	Lost relationship with my only family member.	Money. Restitution. Justice. Remorse.

Forgiveness Worksheet:

INSTRUCTIONS: Make a list of all the people who have hurt you, starting with your parents. Then include God, siblings, teachers, friends, bosses, authority figures, wives, husbands, children, abusers, etc. It may be helpful to review Genesis Process Two, Three and Five to fill in the list. Important: read the instructions and example on page 188 before you begin.

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