

21 The Radical Forgiveness Worksheet

THE RADICAL FORGIVENESS worksheet has its origins in one created by Dr. Michael Ryce, a pioneer in the field of forgiveness. He was one of those who, along with my mentor, Arnold Patent, encouraged me to develop Radical Forgiveness.

From the moment I created the Radical Forgiveness worksheet in 1989, using Dr. Ryce's worksheet as my initial inspiration, it has literally changed thousands of people's lives. It is not easy to explain how or why it accomplishes such dramatic results except to say that it helps people to shift their energy. In fact, you could say that doing the worksheet is, in and of itself, an energy experience.

As I have already indicated, all the tools in the Radical Forgiveness tool kit are holographic in nature

ACKNOWLEDGMENTS

MY GRATITUDE AND love goes first to my wife, JoAnn, for believing in me and giving me total support for writing this book, even when times got hard. I also owe a special debt of gratitude to my sister, Jill, and brother-in-law, Jeff, for allowing me to publish a very personal story about them both, without which this book would have been very much impoverished. I also acknowledge Jeff's daughter Lorraine and my daughter Lorraine for the same reason, and all the members of Jill and Jeff's family who were willing to read the book and to see the best in each person who had a part to play in Jill's story. I also acknowledge my brother, John, who witnessed the unfolding of the story, for his patience and support. I owe a special debt of gratitude to **Michael Ryce** for his inspiration and collaboration on the early version of the forgiveness worksheet, and to Arnold Patent for introducing me to spiritual law. There are countless numbers who have contributed in