

Making Room for The Miracle

A Radical Forgiveness Worksheet

Date: _____ Worksheet # _____ Subject: (X) Whomever you are upset about: _____

1. TELLING THE STORY

1. The situation causing my discomfort, as I perceive it now, is:

2a) **CONFRONTING X:** I am upset with you because:

2b) Because of what you did (are doing), I **FEEL:** (*Identify your real emotions here*)

SPACE FOR ADDITIONAL COMMENTS

2. FEELING THE FEELINGS

3. I lovingly recognize and accept my feelings, and judge them no more:

Willing:	Open:	Skeptical:	Unwilling:

4. I own my feelings. No-one can make me feel anything. My feelings are a reflection of how I see the situation:

Willing:	Open:	Skeptical:	Unwilling:

5. Even though I don't know why or how, I now see that my soul has created this situation in order that I learn and grow.

Willing:	Open:	Skeptical:	Unwilling:

6. I am noticing some clues about my life, such as repeating patterns and other features of my life that indicate that I have had many such healing opportunities in the past but I didn't recognize them as such at the time. *For example:*

3. COLLAPSING THE STORY

7. I am willing to see that my mission or 'soul contract' included having experiences like this - for whatever reason.

Willing:	Open:	Skeptical:	Unwilling:

8. My discomfort was my signal that I was withholding love from myself and (X) by judging, holding expectations, wanting (X) to change and seeing (X) as less than perfect. (*List the judgments, expectations and behaviors that indicate that you were wanting (X) to change*)

SPACE FOR ADDITIONAL COMMENTS

9. I now realize that I get upset only when someone resonates in me those parts of me I have disowned, denied, repressed and then projected onto them.

Willing:	Open:	Skeptical:	Unwilling:

10. (X) _____ is reflecting what I need to love and accept in myself.

Willing:	Open:	Skeptical:	Unwilling:

11. (X) _____ is reflecting a misperception of mine. In forgiving (X), I heal myself and recreate my reality.

Willing:	Open:	Skeptical:	Unwilling:

12. I now realize that nothing (X), or anyone else, has done is either right or wrong. I drop all judgment.

Willing:	Open:	Skeptical:	Unwilling:

13. I release the need to blame and to be right and I am **WILLING** to see the perfection in the situation just the way it is.

Willing:	Open:	Skeptical:	Unwilling:

14. Even though I may not know what, why or how, I now realize that you and I have both been receiving exactly what we each had subconsciously chosen and were doing a healing dance with and for each other.

Willing:	Open:	Skeptical:	Unwilling:

15. I bless you (X) _____ for being willing to play a part in my healing and honor myself for being willing to play a part in your healing.

Willing:	Open:	Skeptical:	Unwilling:

16. I release from my consciousness all feelings of: *(as in Box # 2b)*

17. I appreciate your willingness (x) _____ to mirror my misperceptions, and I bless you for providing me with the opportunity to practice Radical Forgiveness and Self Acceptance.

Willing:	Open:	Skeptical:	Unwilling:

18. I now realize that what I was experiencing (my victim story) was a precise reflection of my unhealed perception of the situation. I now understand that I can change this 'reality' by simply being willing to see the perfection in the situation. For example..... *(Attempt a Radical Forgiveness re-frame which may simply be a general statement indicating that you just know everything is perfect, or specific to your situation if you can actually see what the gift is. Note: Often you cannot.)*

19. I completely forgive myself, _____ and accept myself as a loving, generous and creative being. I release all need to hold onto emotions and ideas of lack and limitation connected to the past. I withdraw my energy from the past and release all barriers against the love and abundance that I know I have in this moment. I create my life and I am empowered to be myself again, to unconditionally love and support myself, just the way I am, in all my power and magnificence.

20. I now SURRENDER to the Higher Power I think of as _____ and trust in the knowledge that this situation will continue to unfold perfectly and in accordance with Divine guidance and spiritual law. I acknowledge my Oneness and feel myself totally reconnected with my Source. I am restored to my true nature, which is LOVE, and I now restore love to (X) I close my eyes in order to feel the LOVE that flows in my life and to feel the joy that comes when the love is felt and expressed.

21. A Note To You (X) _____ Having done this worksheet, I.....

I completely forgive you (x) _____ for I now realize that you did nothing wrong and that everything is in Divine order. I acknowledge, accept and love you unconditionally just the way you are. *(Note: This doesn't mean that you condone the behavior or that you can't state a boundary. That's World of Humanity stuff anyway)*

22. A Note To Myself:

I recognize that I am a spiritual being having a human experience, and I love and support myself in every aspect of my humanness.