

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 around which I have an upset is or was..... (Tell the story from your victim standpoint)

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 learning opportunities in the past but I didn't recognize them as such at the time. For example:..... (Look for number patterns, synchronicities and oddities as 'evidence' that #5 is true).

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 limited, 'world-of-humanity' perception of the situation. I now understand that I can change this 'reality' by simply being willing to see the spiritual "big-picture" 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.