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# Forgiveness...

There are certain apologies we'll never receive. Certain words we'll never get to hear. But we cannot keep ourselves chained to an interaction that may never happen. This is a worksheet to help you forgive & let go. Open your heart & let it flow.

Who hurt me? What emotions does this person make me feel?

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What needs to be done in order for you to forgive this person?

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How is holding on to this resentment affecting your life?

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What would you tell this person if they were in front of you? Tell them why they hurt you and how they made you feel in details.

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