

FORGIVENESS JOURNAL





This journal is the property of

Today's date _____

What specific actions or words caused me pain?

Begin by naming the hurt objectively. Clarity helps you confront the wound without judgment.

How has holding onto this resentment affected my life (mentally, physically, or spiritually)?

Reflect on the cost of carrying this burden and how it shapes your daily experiences.

Today's date _____

What circumstances or struggles might have influenced the other person's behavior?

Practice empathy by considering their humanity, even if you don't condone their actions.

Is there any part of this situation where I need to forgive myself?

Explore guilt, shame, or self-blame you may be holding onto.

Today's date _____

What would forgiveness look like in this situation?

Visualize freedom from this pain—does it mean acceptance, reconciliation, or simply letting go?

How might releasing this grudge improve my well-being or relationships?

Focus on the positive ripple effects forgiveness could create in your life.

Today's date _____

What has this experience taught me about my boundaries, values, or needs?

Identify lessons that can empower you moving forward.

What steps can I take to protect myself while still practicing forgiveness?

Balance compassion with self-respect (e.g., setting boundaries, communicating clearly).

Today's date _____

If I could speak to the person who hurt me with total compassion, what would I say?

Write a letter (unsent) to express your truth without blame or anger.

What symbolic act could represent my release of this pain?

Brainstorm rituals (e.g., burning a letter, planting a seed) to mark your journey toward closure.



Forgiveness
HEALS.

