



AWAKENING COLLECTIVE

WORKSHEET

APRIL 2021

FORGIVENESS





Stage 1: Clearing a Path for Forgiveness

1. **An Inventory:** In your journals please choose one person or relationship in which you are holding blame and resentment towards. Please choose something with some weight to it, meaning it is having a real negative impact on your life, yourself and maybe even your health.

Draw in your journal 5 columns:

PERSON (you're blaming)	REASON	What was the expectation or disappointment	What was driving the expectation?	DEEPER NEED

For example:

PERSON (you're blaming)	REASON	What was the expectation or disappointment	What was driving the expectation?	DEEPER NEED
My dad	He only sees me once a year	To be given much more attention	A need for love and validation	To feel worthwhile and loved

Write every single resentment down you can possibly come up with for this one person. Take your time, this will take a few days but it is worth it. Be radically honest, radically self-responsible and super courageous.



2. Once you have finished take a good look at your inventory. And look at the expectations and look at the deeper need. How much are you giving yourself or making sure your deeper needs are being taken care of? How much are you being responsible for this?

With the expectation – what boundary do you need to set so you can feel safe and free around letting this expectation go?

For example: Realise that this human being just doesn't have the skills or capacity to do it any other way so focusing on trying to get it from him is unloving to myself. I can bring my focus to who I know CAN provide it for me.



3. Now look deeply at the one you are blaming – If you were to step out of the blaming domain and into the Learning domain. What valuable lessons have been learnt and are available to learn from this relationship?

Write them all down.



4. When you are done – I ask you now – are you ready to release the resentment and blame you have this person on the hook for? Are you ready to forgive? Whilst absorbing the invaluable lessons and showing up much more for yourself?



5. Write them a letter – releasing them from this blame and grip. Thank them for the incredible lessons, state what boundaries need to be stated and then acknowledge all the gifts that have come out of this. And then forgive them.

Keep the letter safe somewhere and share in the group about your experience of this.

6. Write yourself 24hrs of you living in your life completely free of resentment and blame. Completely living in the domain of 'learning' – thankful and empowered by the lessons.

Feel it fully with your whole body and heart.

Breathe it in deeply.

Then when you are done walk around your house and your day in this same space.

Share in the group how this feels and what shows itself.



7. Burn or bury the letter in ceremony – thankful for the lessons and ready to set it free.

“Forgiveness is the gift you give to yourself to allow an embodying of learning and an abundance of healing and growth. You are worth all these things and more”