

# 50 *Ways To Love Your Lover*

*Healing Through Forgiveness  
Worksheet*

# Healing Through Forgiveness Worksheet

## **HEALING THROUGH FORGIVENESS**

This process can transform your whole outlook on life. It can free you from unseen chains that you have carried and dragged around for years.

That sounds like an impressive claim, yet forgiveness is one of the most underrated tools to assist in healing and resolution of past hurts and pain.

As you have read in the book, I recommend three main steps to resolve any past issues that are blocking you from having the depth of relationship you desire and deserve.

Follow the steps outlined below and you will discover how your own healing is much easier and more profound than you may have thought.

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## Forgiveness changes everything

For this foray into healing, you will be taking intentional steps to be resolved on past relationships. Specifically

### Refresher:

The following is extracted from the book to provide more context and reminder as you proceed. Trust me, this can be daunting the first couple of times through, so the added guidance and reminders will benefit you.

You've most likely at one time or another got upset with another person, perhaps it might have been a lover or romantic partner (they might even have been the same person!). Of course, this happened far back in your history, before you became so mature and wise!

In case you were wondering, that same upset and judgment turned inward is known as guilt. This is just as toxic as resentment, as the judgment takes its toll on your health. It might just feel better when you resent someone else rather than feeling guilty. The negative impact on your own body and self-esteem is the same though.

If someone judges you, it's their judgment, not yours. You don't need to do anything about it. Yes, it can be a sign that what you did or said was out of alignment, which you can take corrective action on, or it may be their own reaction that has nothing to do with you. If the former, you can change your behavior perhaps to please them, however you may become a slave to their needs, rather than being empowered in your own autonomy.

Whether your judgment is of your own actions (or inactions) or another's, it is still your judgment of these actions that is slowly sapping your strength and adding toxicity to your system.

Have I made this clear by now?

So what can you do about it? The most effective way of counteracting judgment is with forgiveness.

You don't forgive yourself or forgive another person. The agent of toxicity, so to speak, is the judgment(s) you've been holding onto, and your relief is the forgiveness of your judgments themselves. Your healing path is to forgive your **judgments** of your, or their, behavior (what you, or they, did). After all, you are not judging who they are; you are judging what they **did**. It's about the **doing**, the **actions**, not their being.

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Who you are is perfect and who they are is perfect. It is your or their behavior that may have impacted you negatively, which you chose to judge.

You have the opportunity to forgive their behavior, or more specifically you can forgive your judgment of their behavior.

Forgiveness does not equate to forgetfulness. If someone abuses you, you will be whole and healthy when you remove yourself from the situation and also forgive the judgments, resentment, self-recrimination and guilt that is likely blocking your heart, so you can love again, and be free.

Ultimately, it's an inside job! :-)

### HOW TO:

You can use any past experience that you have upset emotions or discomfort about. Choose one that you still have negative feeling about, ideally with a partner or ex-partner, to keep the focus relationship specific.

Bring to mind the upset you had with this partner, whether it was about something they did, didn't do, said or didn't say. Notice the charge you had on them and on what they did or said.

Take a moment to review the situation about the upset you had with your partner. Bring to mind the memory of that upset. Look at it, feel into it, listen to the tone and way you both said what you said. Feel the intensity of what they did, and also feel the intensity of what you did. Feel the reaction, not to relive it, but to get a strong sense of how you experienced it and then can release it.

You will have some inner work to do, and this is an opportunity to intentionally heal this perhaps painful memory, maybe once and for all. I recommend the following process as it is easy to remember and fairly straightforward, although you will want to take some time with each step. Don't rush yourself through it!

If you feel comfortable with this, you can do this yourself, or you can seek support from someone skilled in counseling and holding the space to facilitate you through this. I certainly do this with my clients, and they have tremendous healing, release of the upset, and more love always appears!

This is a three-step process, although each step requires time to work through, as well as your commitment to yourself, your love and your healing.

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## JUDGMENT

This first step is where you focus on what you judged in this situation. You may have judgments against the other person, and/or yourself. Bring to mind the judgments that you have about the behaviors and/or the situation, whether that be broken agreements, inaction or wrong action, arguments, or coarse words that were exchanged, etc. What did you judge about what happened or what was said? You are focusing, not on the person, but on the actions and words that you remember.

If you have a photo of the person, if there is an old gift or object they gave you, use that to remember them more easily. If you don't, that's OK as well. Simply become aware of this person.

Recognize any and all judgments that come to mind, as you remain present to this relationship and situation. For example, there may be a judgment of suffering, or of making a bad choice, or feeling cheated. You get the general idea.

Allow the emotions to surface, take some time to be present with the feelings. It's OK to feel emotion at this point, as you are unearthing buried emotion tied to the judgments. FYI, judgments are almost always associated with an emotion of some sort, usually negative.

## FORGIVENESS

First, I'll lay out the mechanics, then review the feeling level.

Having brought to mind the judgments that you have been holding, perhaps for a long time, they become easier now to forgive. As you review the judgments you've held, you have the opportunity to forgive each one, one by one, and release them. Again, the key here is to forgive the behavior.

Example: You judged Joe (a fictitious person in this instance, in case you know someone named Joe!) as a liar. What you judged was Joe's act of lying. The forgiveness you will be doing is of the judgment of Joe's lying.

Using one of the following formats (whichever fits for the judgment you are releasing), where "X" is the judgment you are aware of. Replace "them" with the name of the person you have the judgments with:

- I forgive myself for judging myself as "X"
- I forgive myself for judging "them" as "X"
- I forgive myself for judging my relationship with "them" as "X"
- I forgive myself for resenting "them" as "X"
- I forgive myself for believing "them" as being "X"
- etc.

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The key here is to begin with “I forgive myself...” and ensuring you remember that you are forgiving yourself or them “as” some judged state. The word “as” separates who they are from their action.

Notice the format – you are forgiving **yourself** for the judgment that you placed on the other person’s behavior or situation, or the inaccurate belief about them that you held.

What you are actually doing is removing some weight from your own consciousness. You are releasing a judgment (or many) through the vehicle of self-forgiveness. It is a very straightforward process in the mechanics.

However, the emotional or feeling content can be a whole different experience.

Take some time with each to feel the release, to feel the sense of relaxation as the ties of judgment dissipate and let go. This is not something you want to rush. You may find emotion wells up between speaking each forgiveness statement. This is perfectly normal; you are most likely letting go of perhaps years of baggage that you no longer need, so take the time. You are worth it.

Repeat with each judgment you are releasing.

For some individuals, this act of forgiveness is a difficult pill to swallow. Particularly when the judgment is about something very unpleasant or deeply held. Although the other person may have done or said things that color your perception of them dramatically, who they are as individuals, as loving beings, even or especially behind the façade of personality and behavior.

It’s the things, the actions, the words said, that they did, that you judge, and therefore the things they did are what requires forgiving, if you want to be truly free.

This process can be very emotional and tender. It can be self-facilitated, although you can definitely seek a counselor or guide to help you through this, particularly if it's a more traumatic memory.

While doing the forgiveness process, your focus is on your heart. Not on your head, as that may be where your judgments were held, but on your heart, as that is where forgiveness truly comes from. It is a loving act, specifically an unconditional loving act.

Yes, you might feel “they don’t deserve it, after all they did to you.” Yet, as a reminder, this act of forgiveness is not to make them feel better, it is to make **you** feel better.

You want to love again, to have even more profound romance and relationship again, don’t you?

This then is your way through. This is your “get out of jail free” card, so to speak, since you incarcerated yourself when you began judging others, and yourself.

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One by one, forgive yourself so you can release each judgment as a means to make yourself whole and healthy. This process will serve your health and healing.

So when you do the forgiveness, place your hand (or both hands if you feel so moved) over your heart, so you can do your best to feel the compassion, the love that you have, so you can relieve yourself of any remaining pain.

Work through these forgiveness statements slowly and with loving intention. You will feel a shift and a feeling of lightness, maybe mixed with melancholy or sadness. This is normal and an indicator that you have completed this step. Don't rush through it to get done, as it will be at best a partial effort, and you won't have made much impact. You will know when you are complete with the forgiveness step as you will feel differently both toward yourself and to the other person).

As a completion, run through these forgiveness statements looking in the mirror. Yes, face the mirror and do them, and you will find the healing and self-acceptance so much more richly.

### **REFRAME**

This third step is the proof of the pudding, the litmus test, so to speak.

After the forgiveness is completed, take time to review this situation you've been reviewing. Literally, re-see what happened, play the movie back in your head and see if there are any more judgments present.

If there are more judgments present, go back to the second step again and move through the forgiveness statements, until you are complete.

Once you have released the upset and judgments with forgiveness fully, you will now have the opportunity to review the original situation through new eyes, as it were. For example, if you had judged Joe as lying to you, maybe you see now there was a reason that makes sense. Perhaps he didn't know he was not telling the truth, maybe he was attempting to protect you or simply make you feel better.

By reviewing and reframing the original situation into a more aligned situation, you may in fact even become aware of a sense of gratitude over what happened. Yes, it might feel like a stretch, however if you walk through the steps, authentically and honestly, you may find yourself at the end of this process, feeling grateful, to yourself and maybe to the other person.

Taking It is a deeply compassionate and powerful journey to support you in forgiving resentments, guilt, judgments, and even what may have felt unforgiveable.

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## **WRAP UP**

I know this practice can be challenging, it can unearth long-buried pain and history.

I also know that this practice will free you! It will release baggage and weight that you have perhaps been carrying even unconsciously for many years. It's time to be free of it, so you can love deeply again, so you can love without limits. Isn't that what you really want?