

# Creating a Forgiveness Ritual ACT Worksheet

**Your Name:**

**Your Partner's Name:**

**Physician's Name:**

**Date:**

## **Instructions (Part 1):**

Complete the sentences provided.

- The thoughts, feelings, and memories I've been holding on to are:
  
  
  
  
  
  
  
  
  
  
- Holding on to all of this has hurt our relationship in the following ways:
  
  
  
  
  
  
  
  
  
  
- I want to build a better relationship, based on the following values:

## **Instructions (Part 2):**

Write a commitment to let all these painful thoughts and feelings come and go repeatedly without holding on to them or getting caught up in them.

- My commitment is to:

## **Instructions (Part 3):**

Choose a special place to read your answers aloud to each other. Discuss and write down what you will do:

**Instructions (Part 4):**

Do something that symbolizes starting over. Discuss and write down what you will do:

**Instructions (Part 5):**

Do something to connect lovingly. Discuss and write down what you will do:

Harris, R. (2014). Creating a Forgiveness Ritual [E-book]. In *The Complete Set of Client Handouts and Worksheets from ACT books* (p. 61).  
[https://thehappinesstrap.com/upimages/Complete\\_Worksheets\\_2014.pdf](https://thehappinesstrap.com/upimages/Complete_Worksheets_2014.pdf)