

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