

Radical Forgiveness Worksheet

Patient Name: Grace Kim

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Radical forgiveness is about releasing the hold that your past grievances have on you, allowing for healing and transformation. It involves acknowledging your emotions, understanding your role in the situation, opening yourself to the possibility of growth, breaking down your interpretations and beliefs, and making a conscious choice to forgive.

This worksheet is designed to guide you through the process of radical forgiveness.

Step 1: Identify the Person and Situation

Who are you upset with?

My coworker, Lisa

Describe the situation that caused you to feel upset.

Lisa blatantly took credit for our joint project in front of our boss, completely ignoring my significant contributions.

If you were confronting this person, what would you say?

I would express my deep sense of betrayal and how her actions have damaged my trust and professional relationship with her.

Step 2: Acknowledge Your Feelings

What emotions are you experiencing as a result of this situation?

Seething anger, betrayal, and a sense of injustice.

On a scale of 1-10, how intense are these feelings? (1 being the least intense and 10 being the most intense)



Step 3: Understand Your Role

What might be your part in this situation?

I may have failed to assert my contributions, allowing her to overshadow me.

Are there any patterns or past experiences that might be influencing your reaction?

Yes, I've been overlooked in the past, which has left me with a deep-seated resentment towards such situations.

Step 4: Open Yourself to Radical Forgiveness

Can you allow yourself to consider the possibility that this situation is happening for your growth and learning?

Yes

No

What insights or lessons could you potentially gain from this experience?

I could learn to stand up for myself more and to communicate my value more effectively.

Acknowledge your own humanness in this situation. Why does this situation make you feel uncomfortable or upset?

It triggers my fear of being invisible and not valued, which is a recurring theme in my life.

Step 5: Break Down the Story

What interpretations did you make about the situation?

I interpreted Lisa's actions as a deliberate attempt to undermine me.

How intense are your feelings about these interpretations?

Very intense. It was infuriating. It made me seethe even until I got home.

What beliefs did you create about the situation based on your feelings?

I believed that I am always destined to be overshadowed and undervalued.

Step 6: Make a Choice to Forgive

How do you feel now after differentiating facts from feelings, interpretations, and beliefs?

I still feel angry, but I recognize that my interpretations may be influenced by past experiences.

Are you willing to let go of your need to be right or to hold onto resentment?



Yes



No

Write a statement of forgiveness, releasing the person from the blame.

While it's challenging, I choose to release Lisa from the blame for my own peace of mind.

Make a radical forgiveness statement for yourself.

I acknowledge my pain, but I choose to forgive Lisa and let go of my anger to free myself from this burden.

Step 7: Reflect on the Outcome

How do you feel after completing this worksheet?

I feel a bit better. Not as angry.

What actions, if any, do you need to take to move forward?

I think I just need to give people the benefit of the doubt. Maybe it's not malice targetted at me, maybe it's just them being inconsiderate. I need to step up and assert my own importance

Additional Notes

Grace, I understand that it's hard let go of anger. But letting go of it and forgiving yourself is the first step to being better. I'll see you next week, let's talk about this more.

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