

FORGIVENESS LIST

Please list below those things in your life that you need to forgive or seek forgiveness for. These may be people or organizations that have hurt or betrayed you in some way or people you hurt or betrayed.

Think back to when you felt guilt or shame. It is at these places in your life that something hurt you or you did something that you feel bad about. Below, list people who would be difficult for you to meet today.

Think of individuals who have hurt or betrayed you. Are there people who make you angry or bitter when you think about them or what they did to you? Below, list the names of these people or organizations as well. Be specific. What did they do to you and how did you feel? Or what did you do to them and how do you feel?

LIST OF PEOPLE THAT I MAY NEED TO FORGIVE

LIST OF PEOPLE WHO MAY NEED TO FORGIVE ME

