EPISODE 5

FORGIVENESS EXERCISES

Free Handout

This exercise can be a process. It’s a great way to release old hurts from the past and to heal through forgiveness.

Make a list of people who have hurt you throughout your life. Do you still resent that person and are you holding on to the past?

You can add the people whom you forgave already; this can help you in forgiving others. What do you want to say to that person? What do you need to forgive? Get detailed.

Go through your list, one person at a time. Visualize that person that you need to forgive. Tell that person you forgive them and you release the hurt. Do this either in written form, verbally, or mentally. An example can be “I forgive you Sara, for saying hurtful things to me. I never forgave you. I still hold resentment and I want to release it.” It’s in this practice that you will experience freedom. You will release the toxicity. When you are complete with that person, notice how your body feels. Is it lighter? How did this make you feel? Did you forgive that person?

I also invite you to journal your experience. This may take a long time to do, but you have time. Do what you can and then take a break. Ponder how releasing the past wounds makes you feel today! This is no easy task but it is worth it! You are worth it!

This exercise takes practice. The art of forgiveness take time and effort. This practice can help you feel and heal old wounds, and release them. Let this be a gift to yourself and the other person. Here’s to FREEDOM!!!!

JOURNALING

Journaling is a powerful tool. Sit in a place where there are no distractions, where you can be alone and go through this process. Maybe put on some soothing music or just take some deep breaths. You can meditate before writing. Do what feels right for you. Bring yourself into the now. Continue to breathe.

When you are ready, you can begin journaling.

Make a list of people who you have not forgiven. Take your time. As you write you may feel uncomfortable. It’s okay, go with it. It’s through this practice that you can become free from your prison.

Unlock the door and confront those who hurt you. This will take time.

You don’t have to do it all in one sitting. Just begin the process. This takes courage. It takes digging deep. The reward: FREEDOM!

Before you write, try to visualize that person. Tell the person what hurt/harm they did to you. Take as long as you need to. It’s in the writing that you are releasing. Once you feel completed and you are ready, tell that person that you forgive them. Write it. Say it out loud. What did that feel like? How did your body feel? How did your emotions feel?

When I think about someone I haven’t forgiven, I have gone deeper and asked myself how does this make me feel right now? Why am I holding on to past hurt? Am I stuck? Is it my ego? Why can’t I let go of the past? I invite you to ponder these questions.

When you don’t forgive someone for what they said, for the hurt, etc., it makes you feel resentment. It only hurts you. I don’t think it hurts the other person. Perhaps they don’t know what they said or have done to hurt you. Perhaps you never said anything to them.

Perhaps you don’t see this person any longer, but you have not forgiven them. It’s okay to forgive and not have the person in your life.

It also doesn’t mean you forget, but forgiving is important. I believe if there are some deep wounds, no you won’t forget it, but forgiveness is releasing the pain and past, which doesn’t serve you. The only person that is hurting is YOU! If you choose to keep the person

who hurt in your life, that person will have to earn your trust.

This takes time. I invite you to ponder this, the importance of forgiveness, healing through forgiveness and how do you forgive.

When you forgive, you give yourself the gift of emotional, spiritual, and mental freedom.

Forgive the person. Be willing to forgive the person. If you are having a hard time forgiving the person, perhaps you can say to yourself, “I am willing to forgive. I don’t know how but I am willing.” Doesn’t this sound inviting? In practicing forgiveness, you are melting the armor around your heart.

Forgiveness doesn’t mean you are weak; it is the ultimate sign of courage and strength. It’s time to let go of the past of what we thought we wanted. The past will keep you hostage if you don’t forgive!!! Release it, and be in the present!

Make a forgiveness list. Take your time. How does this exercise make you feel? How does your body feel? Do you feel lighter?

WRITE A LETTER AND BURN IT

If you can’t forgive the person out loud, write a letter to them. Write from your heart, what you’re feeling/felt, and your hurt. When you are done with your letter, burn it. This will allow forgiveness.

VISUALIZATION THROUGH MEDITATION

Sit or lay somewhere where you are comfortable and away from distractions. Take some deep breaths and visualize the person who you want to forgive. What is it that you need to forgive?

Say what you have to say to them in your mind or out loud. Once you are complete with this exercise, take some deep breaths and release the person. This exercise takes practice. The art of forgiveness takes time and effort. This practice can help you feel and heal old wounds, and releasing it. Let this be a gift to yourself.