



# Forgiveness, Without Forcing It (5–10 minutes)

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*Forgiveness is:* releasing your right to keep paying for what happened.

*Forgiveness isn't:* excusing, forgetting, reconciling, or removing boundaries.

## Step 1: Name what happened (1-2 minutes)

Complete these (out loud or written):

- What happened was: \_\_\_\_\_

- What it cost me was: \_\_\_\_\_

- What I needed then (and didn't get) was: \_\_\_\_\_

## Step 2: Validate your nervous system (60 seconds)

Place a hand on your chest or belly and say: - "My body makes sense." - "It's safe to feel this in small pieces." - "I don't have to rush healing to be healed."

## Step 3: Choose your forgiveness target (30 seconds)

## Step 4: The release statement (2 minutes)

Repeat slowly 3 times (edit to fit your voice): - "I release the need to replay this to prove it mattered." - "I release the fantasy that the past will change." - "I release my attachment to revenge as relief." - "I keep my wisdom. I keep my boundaries. I release the weight."

## Step 5: Boundary + blessing (2 minutes)

Write one boundary and one blessing: - **Boundary** (what I will do now):

\_\_\_\_\_ - **Blessing** (what I'm calling back to myself): \_\_\_\_\_

## Step 6: Close the loop (30 seconds)

Choose one regulating action: - 6 slow exhales - A sip of water - Step outside for 60 seconds - A gentle 60-second stretch

Close with: "Forgiveness is practice. Today I took one step."

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## Forgiveness Check-In

1) The moment I keep revisiting is:

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2) The feeling under it is (circle):

anger / grief / shame / fear / disappointment / betrayal / other: \_\_\_\_\_

3) What I wish I could say (uncensored):

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4) What I'm ready to release today (choose one):

- the replaying
- the self-blame
- the need for an apology to heal
- the hope they'll become who I needed
- the belief that I should be "over it"

5) What I'm NOT releasing (my boundary):

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6) A kinder truth I can live with today:

"\_\_\_\_\_

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\_\_\_\_\_."

7) One small action that honors my healing (today/this week):

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### Gentle note

If forgiveness brings up intense distress, panic, or shutdown, pause and return to grounding. You can come back to this practice in smaller pieces.

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