

Background Information and Instructions on How to  
Fill In the Radical Forgiveness Worksheet.

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## *The Radical Forgiveness Worksheet*

An Instrument for the TRUE Transformation of a Grievance

Date: \_\_\_\_\_ Worksheet # \_\_\_\_\_ Subject (X) \_\_\_\_\_

Box #1: The situation around which I have an upset is or was..... (*Tell the story from your victim standpoint - i.e. your victim standpoint*)

Be sure to tell your story as if you were telling someone what happened or is currently occurring. Do not hold back. Describe how it feels for you right now. Do not edit or overlay it with any spiritual or psychological interpretation. Tell it exactly like it is or was, purely from the victim standpoint. Really BE the victim.

**2a. CONFRONTING X:** I am upset with you because:

Be as confrontational as possible with X, and lay out exactly what you blame him/her/it for. This section's small space only allows a few words, but let the words you choose represent the totality of your upset. If the object or situation has no name, give it one, or at least write about it as if it were a person.

If the person is dead, speak to him or her as if he or she were there in front of you. If you want to write it out in full, do so in the form of a letter. This step allows you to address the person directly. However, keep to one issue. Do not discuss other things in the letter or on this worksheet. Reaching your objective — Radical Forgiveness — requires you to get clarity on precisely what you feel so upset about *now*.

**2b.** 2b. Because of what you did (are doing), **I FEEL:** (*Identify your real emotions here*).

It is vitally important that you allow yourself to feel your feelings. Do not censor them or *stuff* them. Remember, we came into the physical realm to experience emotion — the essence of being human. All emotions are good, except when we suppress them. Stuffing emotion creates potentially harmful energy blocks in our bodies. Make sure the emotions you identify represent real emotions that you actually feel, not just *thoughts* about how you feel. Are you *mad, glad, sad, or afraid*? If you cannot be specific, that is okay. Some people find themselves unable to differentiate one feeling from another. If that holds true for you, just notice what general emotional quality you can feel around the situation. However, the more you allow yourself to feel the hurt, sadness, or fear that might lie beneath your anger, the better.

**Therapist:** *This might be the moment to do some anger work with your client. I find the best is to have them hit pillows with a tennis racquet.*

**3.** I lovingly recognize and accept my feelings and judge them no more. I am entitled to my feelings.

This step provides you with an opportunity to allow yourself some freedom from the belief that feelings like anger, vengefulness, jealousy, envy, even sadness are bad and should be denied. No matter what they are, you need to feel your emotions in exactly the way they occur for you, for they are an expression of your true self. Your soul wants you to feel them fully. Know they are perfect, and quit judging yourself for having them.

**4.** I own my feelings. No one can make me feel anything. My feelings are a reflection of how I see the situation.

This statement reminds us that our emotions are our own. As we feel, recognize, accept, and love them unconditionally as part of ourselves, we become free to hold on to them or let them go. This realization

empowers us by helping us realize that the problem resides not *out there* but *in here*, within ourselves. This realization also represents our first step away from the victim archetype vibration. When we think other people, or even situations, make us mad, glad, sad, or afraid, we give them all our power.

5. My discomfort was my signal that I was withholding love from myself and (X) by judging, holding expectations, wanting (X) to change and seeing (X) as less than perfect. (*List the judgments, expectations and behaviors that indicate you were wanting (X) to change.*)

When we feel disconnected from someone, we cannot love them. When we judge a person (or ourselves) and make them wrong, we withhold love. Even when we make them right, we are withholding love, because we make our love conditional upon their *rightness* continuing. Any attempt to change someone involves a withdrawal of love, because wanting them to change implies that they are wrong (need to change) in some way. Furthermore, we may even do harm in encouraging them to change, for though we may act with the best intentions, we may interfere with their spiritual lesson, mission, and advancement.

This is more subtle than we realize. For instance, if we send unsolicited healing energy to someone because they are sick, we are in effect making a judgment that they are not OK as they are and should not be sick. Who are we to make that decision? Being sick may be the very experience they need to have for their spiritual growth. Naturally if they request a healing, then it becomes a different matter entirely, and you do all you can in response to their request. Nevertheless, you still see them as perfect.

So make a note in this box of all the ways in which you want the person you are forgiving to be different or in what respects you want them to change. What subtle judgments do you make about the person which indicate your inability to accept them just the way they are? What behavior do you exhibit that shows you to be in judgment of

them? You may be quite surprised to find that your well-intentioned desire for them to be different '*for their own benefit,*' was really just a judgment on your part.

If the truth be known, it is precisely your judgment that creates his or her resistance to changing. Once you let go of the judgment, he or she will probably change. Ironic isn't it?

### **NOW COLLAPSING THE STORY**

6. I now realize that in order to feel the experience more deeply, my soul has encouraged me to create a BIGGER story out of the event or situation than it actually seemed to warrant considering just the facts. This purpose having been served, I can now release the energy surround my story by separating the facts from the interpretations I have made up about it. (List the main interpretations and indicate on a scale of 1-10 how much emotion you have around each interpretation now.

It is important to realize how important it was that we leveraged our pain of separation by expanding our story with a whole lot of emotional content. Facts alone wouldn't have been enough to give us the amount of karmic units we signed up for.

*(A karmic unit is the measure of the pain of separation. If we weren't able to leverage every little event to wring all the karmic units we could out of it, we would need to create endless dramas in this lifetime or come back several more lifetimes to get it done).*

But now that you have begun the process of awakening (*you wouldn't be doing this worksheet if you hadn't*), there is no further need for all that emotional content and associated energy attached to those interpretations. They were never true in the first place really, so now you can let them go. Make a list of them and check in to see how much energy is still attached.

7. **CORE NEGATIVE BELIEFS I EITHER MADE UP FROM MY STORY OR WHICH DROVE THE STORY** (check those that apply).

Creating core-negative beliefs out of the way you added interpretation to your story was another very creative way of generation more karmic leverage. Having a core-negative belief like 'I'm not loveable,' will automatically create more separation and associated pain. What better way to leverage a story than by creating a whole bunch of rotten beliefs about oneself and the world in general? A master stroke!

### **NOW OPENING TO A REFRAME**

8. I now realize that my soul encouraged me to form these beliefs in order to magnify my sense of separation so I could feel it more deeply for my spiritual growth. As I now begin to remember the truth of who I am, I give myself permission to let them go, and I now send love and gratitude to myself and \_\_\_\_\_ for creating this growth experience.

But again, now that you are beginning to remember the truth of who you are and have already generated most of the karmic units you signed up for, you can discard these silly beliefs now. They have served their purpose. Check off the ones you made good use of and then read and agree to the above statement.

9. I recognize that my Spiritual Intelligence has created stories in the past that are similar in circumstance and feeling to this one in order to magnify the emotional experience of separation that my soul wanted. I am seeing this as evidence that, even though I don't know why or how, my soul has created this particular situation, too, in order that I learn and grow. List similar stories and note the common elements in them.

People who are intellectually inclined have a lot of difficulty with this. They want 'proof' before they believe it. But to ask how and why things happen as they do is to ask to know the mind of God. At the level we are now in our spiritual development, we cannot possibly know the mind of God. We must give up our need to know why (which is a victim's question anyway), and surrender to the idea that God does not make mistakes and therefore everything is in Divine order.

However, in order to satisfy our intellectual curiosity as much as possible, the worksheet does invite you to look for 'evidence' that suggests that the statement is true. So long as we do not make having such evidence a prerequisite for accepting that this was so, there is no

harm in it, and it may turn on some light bulbs. Bear in mind, too, that there may well be nothing that strikes you as evidence one way or the other. If nothing stands out, don't worry. Just leave the box blank and go on to the next item on the worksheet. It does NOT mean that the statement is any less true. The kind of clues to look out for might be as follows:

**1. Repeating Patterns:** This is the most obvious one. Marrying the same kind of person over and over again is an example. Picking life partners who are just like your mother or father is another. Having the same kind of event happening over and over is a clear signal. People doing the same kind of things to you, like letting you down or never listening to you, is another clue that you have an issue to heal in that area.

**2. Number Patterns:** Not only do we do things repetitively, but often do so in ways that have a numerical significance. We may lose our job every two years, fail in relationships every nine years, always create relationships in threes, get sick at the same age as our parents, find the same number turning up in everything we do, and so on. It is very helpful to construct a time-line like the one I did for Jill (see page 36), except that you might fill in all the dates and note all intervals of time between certain events. You might well find a meaningful timewise correlation in what is happening.

**3. Body Clues:** Your body is giving you clues all the time. Are you always having problems on one side of your body or in areas that correlate to particular chakras and the issues contained therein, for example? Books by Caroline Myss, Louise Hay and many others will help you find meaning in what is happening to your body and what the healing message is. In our work with cancer patients, for example, the cancer always turned out to be a loving invitation to change or to be willing to feel and heal repressed emotional pain.

**4. Coincidences and 'Oddities.'** This is a rich field for clues. Anytime anything strikes you as odd or out of character, not quite as you'd expect or way beyond chance probability, you know you are onto something. Where once we thought things happened by chance and were just coincidences, we are now willing to think that it is Spirit making things happen synchronistically for our highest good. It is these synchronicities that lie embedded in our stories, and once we see them as such, we become free then to feel the truth in the statement that “my soul has created this situation in order that I learn and grow.”

This step also creates self-empowerment. Once we realize we have created a situation, we have the power to change it. We can choose to see ourselves as the victim of circumstance, or we can choose to see our circumstance as an opportunity to learn and to grow and to have our lives be the way we want.

Notice too that I have acknowledged your Spiritual Intelligence for having set all the situations up for you. it just goes to show how powerful you are!

10. I now realize that I get upset only when someone resonates in me those parts of myself I have disowned, denied, repressed and projected onto them.

11. (X) \_\_\_\_\_ is reflecting what I need to love and accept in myself. Thank you \_\_\_\_\_ for this gift. I am now willing to take back the projection and own it as part of my shadow. I love and accept this part of me.

These two statements acknowledge that when we get upset with someone, they are invariably reflecting back to us the very parts of ourselves that we most despise and have projected onto them. If we can open ourselves enough to be willing to accept that this person is offering us a chance to accept and love a part of ourselves that we have condemned and that he or she is a healing angel in that sense, the work will have been done.

And you don't have to like the person. Just recognize them as a mirror, thank their soul by doing this worksheet, and move on. Neither

do we need to figure out what parts of ourselves are being mirrored. Usually it is far too complicated anyway. Let it go at that, and don't be drawn into an analysis. It works best without it.

12. Even though I may not understand it all, I now realize that you and I have both been receiving exactly what we each had subconsciously chosen and were doing a dance with and for each other to bring us to a state of awakened consciousness.

This one is self-explanatory.

13. I now realize that nothing you, \_\_\_\_\_, have done is either right or wrong. I am able now to release the need to blame you or anyone else. I release the need to be right about this, and I am **WILLING** to see the perfection in the situation just the way it is.

This step goes against everything that we have ever been taught about being able to distinguish between right and wrong, good and evil. After all, the whole world gets divided up along those lines. Yes, we know that the World of Humanity is really just an illusion, but that doesn't alter the fact that human experiences demand that we make these particular distinctions in our daily lives.

What helps us with this step is realizing that we are only affirming that there is no right or wrong, good or bad when seeing things from the spiritual big-picture standpoint — from the perspective of the World of Spirit. From there we are able to get beyond the evidence of our senses and minds and see Divine purpose and meaning in everything. Once we are able to see that, then we can see that there is no right or wrong. It just is.

This step confronts you with the imperfection in the situation and tests your willingness to see it as perfection. While it never will be easy to see the perfection or good in something such as child abuse, we can be *willing* to see the perfection in the situation, be *willing* to drop the judgment, and be *willing to drop the need to be right*. While it may always be difficult to recognize that both the abuser and the abused somehow created their situation to learn a lesson at the soul level, and

that their mission was to transform the situation on behalf of all abused people, we can nevertheless be *willing* to entertain this thought.

Obviously, the closer we are to a situation, the more difficult it becomes to see its perfection, but seeing the perfection does not always mean understanding it. We cannot know the reasons why things happen as they do; we must simply have faith that they are happening perfectly and for the highest good of all.

Observe your strong need to be right. We possess an enormous investment in being right, and we learned at an early age to fight to be right, which usually means proving that someone else is wrong. We even measure our self worth by how often we are right; thus it is no wonder that we have such trouble accepting that something just *is* — that it is neither inherently right nor wrong. If you really cannot at this point drop your judgment about something that seems awful, just reconnect with your feelings (see step #3 above), move into them, and admit to yourself that you cannot yet take this step. However, *be willing* to drop your judgment. Willingness always remains the key. Willingness creates the energetic imprint of Radical Forgiveness. As the energy shifts, all else follows.

14. I am willing to see that, for whatever reason, my mission or 'soul contract' included having experiences like this and that you and I may have agreed to do this dance with and for each other in this lifetime. If it is for the highest good for both of us, I now release you and myself from that contract.

This statement is simply there to remind us of one of the assumptions of Radical Forgiveness, that we come into this life experience with a mission or an agreement with Spirit to do certain things, be a certain way or transform certain energies. Whatever that mission was or is, we simply know that whatever experiences we are having are part and parcel of the role we came into play. Please note that the statement relieves us from the need to know what the mission was.

15. I release from my consciousness all feelings of: (as in Box 2b)

This enables you to affirm that you release the feelings that you had noted in Box 2. As long as these emotions and thoughts remain in your consciousness, they block your awareness of the misperception that is causing the upset. If you still feel strongly about the situation, you still have an investment in whatever the misperception is — your belief, interpretation, judgment, etc. Do not judge this fact or try to change your investment. Just notice it.

Your emotions about your situation may come back time and time again, and you can make that okay, too. Just be willing to feel them and then release them, at least for the moment, so the light of awareness can shine through you and allow you to see the misperception. Then, once again, you can choose to see the situation differently.

Releasing emotions and corresponding thoughts serves an important role in the forgiveness process. As long as those thoughts remain operative, they continue lending energy to our old belief systems, which created the reality we now are trying to transform. Affirming that we release both the feeling and the thoughts attached to them begins the healing process.

### THE REFRAME STATEMENT

16. The story in Box #1 was your Victim Story, based in the old paradigm of reality (victim consciousness). Now attempt a different perception of the same event (a reframe) based on the insights you have experienced as you have proceeded through this worksheet. *(It may simply be a general statement indicating that you just know everything is perfect, or a statement that includes things specific to your situation if, that is, you can actually see what the perfection is. Often you cannot. Be careful not to do a reframe that is based in 'world of humanity' terms.)*

*I now realize . . . .*

If you are not able to see a new interpretation which is specific to your situation, that's not a problem. The Radical Forgiveness reframe might simply be expressed in a very general way, such as, "*what happened*"

*was simply the unfoldment of a Divine plan. It was called forth by my own Higher Self for my spiritual growth and the people involved were doing a healing dance with me, so, in truth, nothing wrong ever happened."* Writing something like that would be perfectly adequate. On the other hand, if you did have some insights into how it all worked out in a perfect sense, that would be fine too.

What would NOT be helpful would be to write an interpretation based on assumptions rooted in the World of Humanity, like giving reasons why it happened or making excuses. You might be exchanging one BS story for another or even shifting into pseudo forgiveness. A new interpretation of your situation should allow you to feel its perfection from the spiritual standpoint and become open to the gift it offers you. Your reframe should offer a way of looking at your situation that reveals the hand of God or Divine Intelligence working for you and showing you how much It loves you.

***Note:** It may take completing many worksheets on the same issue to feel the perfection. Be absolutely truthful with yourself, and always work from your feelings. There are no right answers, no goals, no grades, and no end products here. The value lies in the process, in doing the work. Let whatever comes be perfect, and resist the urge to edit and evaluate what you write. You cannot do it wrong.*

17. I completely forgive myself \_\_\_\_\_ and accept myself as a loving, generous, creative being. I release all need to hold onto negative emotions and ideas of lack and limitations. I withdraw my energy from the past and release all barriers against the love and abundance that I know I have already. I create my thoughts, my feelings and my life, and I am empowered to be myself again, to unconditionally love and support myself, just the way I am, in all my magnificence.

The importance of this affirmation cannot be overemphasized. Say it out loud, and let yourself feel it. Let the words resonate within you. Self-judgment is at the root of all our problems, and even when we have removed judgment from others and forgiven them, we continue to judge ourselves. We even judge ourselves for judging ourselves!

**18.** I now SURRENDER to the Higher Power I think of as \_\_\_\_\_, and trust in the knowledge that this situation will continue to unfold perfectly and in accordance with Divine guidance and spiritual law. I acknowledge my oneness and feel myself totally reconnected with my Source. I am restored to my true nature, which is LOVE and I now restore love to (X). I close my eyes in order to feel the love that flows in my life and to feel the joy that comes when the love is felt and expressed.

This represents the final step in the forgiveness process. However, it is *not* your step to take. You affirm that you are willing to experience it and turn the remainder of the process over to the Higher Power. Ask that the healing be completed by Divine grace and that you and (X) be restored to your true nature, which is love, and reconnected to your Source which is also Love.

This final step offers you the opportunity to drop the words, the thoughts and the concepts and to actually *feel* the love. When you reach the bottom line, only love exists. If you can truly tap into that love, you are home free. You need do nothing else.

So, take a few minutes to meditate on this statement and be open to feeling the love. You may have to try this exercise many times before you feel it, but one day, just when you least expect it, the love and the joy will envelop you.

**19.** A Note To You (X) \_\_\_\_\_ "Having done this worksheet today, I...

I completely forgive you (X) for I now realize that you did nothing wrong and that everything is in Divine order. I acknowledge, accept and love you unconditionally just the way you are.

You began the Radical Forgiveness Worksheet by confronting (X). Your energy probably has shifted since you began, even if the shift occurred only a moment or two ago. How do you feel about (X) now? What would you like to say to (X)? Allow yourself to write without conscious thought, if possible, and do not judge your words. Let them surprise even you.

Then, as you acknowledge, accept, and love (X) unconditionally just the way he or she is, you recognize and forgive the projection that made you see (X) as less than perfect. You can love (X) without judgment now, because you realize that is the only way a person can be loved. You can love (X) now, because you realize that how he/she appears in the world represents the only way he or she can be. That is how Spirit has willed him or her to be for you.

**20. A Note To Myself**

I recognize that I am a spiritual being having a human experience, and I love and support myself in every aspect of my humanness.

Remember, all forgiveness starts as a lie. You begin the process without forgiveness in your heart, and *you fake it until you make it*. So, honor yourself for doing it and yet be gentle with yourself, and let the forgiveness process take as long as you need. Be patient with yourself. Acknowledge yourself for the courage it takes simply to attempt completing the Forgiveness Worksheet, for you truly face your demons in the process. Doing this work takes enormous courage, willingness, and faith.