

The Radical Forgiveness Worksheet

An Instrument for the True Transformation of a Grievance

Date: _____

Worksheet #: _____

Subject: _____

(X) Whomever you are upset with

Tip: To fully anchor the transformation, speak everything written here, and what you write, out loud.

I. TELLING THE STORY

1. The situation around which I have an upset is or was . . . (Tell the story totally from your victim standpoint — i.e., old paradigm. Use additional paper if necessary.)

2a) **Confronting X:** I am upset with you, _____, because:

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

ACKNOWLEDGING MY OWN HUMANNESS

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

Willing	Open	Skeptical	Unwilling

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

Willing	Open	Skeptical	Unwilling

II. FEELING THE FEELINGS

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

(Note: Look to see how many of these judgments and expectations you are making about yourself.)

III. 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 surrounding my story by separating the facts from the interpretations I have made up about it. (List the main interpretations and circle the level of emotion and attachment you have around each interpretation now.)

INTERPRETATIONS I MADE UP ABOUT THE ABOVE EVENT

LEVEL OF EMOTION NOW

	High	Medium	Low	Zero

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

- I will never be enough.
 It is not safe to be me.
 I am always last or left out.
 People always abandon me.
 It is not safe to speak out.
 I should have been a boy/girl.
 No matter how hard I try, it's never enough.
 Life's not fair.
 It is not good to be powerful/successful/rich/outgoing.
 I am unworthy.
 I don't deserve.
 I must obey or suffer.
 Others are more important than me.
 I am alone.
 No one will love me.
 I am unlovable.
 No one is there for me.
 Other _____ .

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.

Willing	Open	Skeptical	Unwilling

NOTICING A PATTERN AND SEEING THE PERFECTION IN IT

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 feeling experiences (as in 2b) and note the common elements in them.)

Willing	Open	Skeptical	Unwilling

10. I now realize that I get upset only when someone resonates in me those parts of me I have disowned, denied, repressed, and then projected onto them. I see now the truth in the adage, "If you spot it, you've got it!" It's me in the mirror!

Willing	Open	Skeptical	Unwilling

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 a part of my shadow. I love and accept this part of me.

Willing	Open	Skeptical	Unwilling

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.

Willing	Open	Skeptical	Unwilling

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.

Willing	Open	Skeptical	Unwilling

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 me from that contract.

Willing	Open	Skeptical	Unwilling

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

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), from your new, empowered position, 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. Note any positive shift in feeling tone.)

I now realize . . .

17. I completely forgive myself, _____, and accept myself as a loving, generous, and creative being. I release all need to hold onto emotions and ideas of lack and limitation connected to the past. I withdraw my energy from the past and release all barriers against the love and abundance that I know I have in this moment. I create my life and I am empowered to be myself again, to unconditionally love and support myself, just the way I am, in all my power and magnificence.

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.

19. A note of appreciation and gratitude to you (X) _____. Having done this worksheet, I . . .

I completely forgive you, _____, for I now realize that you did nothing wrong and everything is in divine order. I bless you for being willing to play a part in my awakening—thank you—and honor myself for being willing to play a part in your awakening. I acknowledge and accept you just the way you are.

20. A note to myself:

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

The Radical Self-Acceptance Worksheet

Created by Colin Tipping

Date: _____

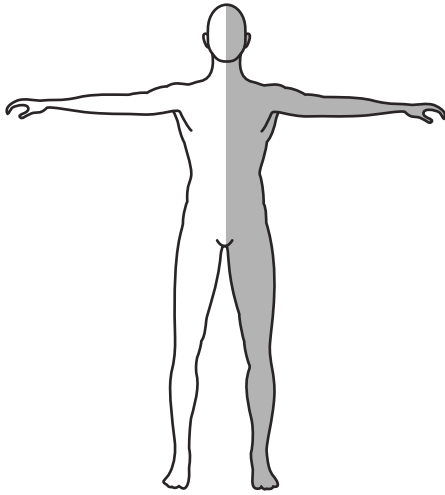
1. Write down as many "cool" attributes that you already accept as part of who you are. List all your good qualities, skills, talents, and gifts. Don't be shy. Really toot your horn!

IMAGE

versus

SHADOW

Nice
Compliant
Friendly
Quiet
Reliable
Responsible
Giving
Sensible
Smart
Successful
Slim
Attractive
Funny
Sexy
Confident
Sociable
Gentle
Sensitive
Brave
Integrous
Talented



Nasty
Rebellious
Unfriendly
Crass
Uncaring
Selfish
Cowardly
Unreliable
Needy
Manipulative
Liar & a Cheat
Mean
Cruel
Sexual
Greedy
Stupid
Dumb
A Failure
Ugly
Fat
Boring

2. What I am finding or have recently found objectionable in someone else that could easily be a part of my shadow, and that is crying out to be loved and accepted is:

3. (This is an alternative to section 2.) Even though no one is mirroring my shadow parts at the moment, I feel hatred toward myself. What I seem to hate most about myself right now is:

4. SELF-ESTEEM CHECK: On a scale of 1–10 (1 being very low and 10 being very high), my self-esteem is:

5. Read the following statement out loud: **I lovingly recognize and accept my feelings and judge them no more.**

6. Read the following statement out loud: **I own my feelings. No one can make me feel anything. My feelings are a reflection of how I see each situation.**

7. Read the following statement out loud: **I now realize that the shadow attributes that are being resonated within me, even when hard to recognize, are nothing more than stories I was shamed into believing were true. It is these that have caused me to feel poorly about myself. I now completely reject those stories and restore love to myself.**

8. I now lovingly release all judgments and negative feelings about myself and totally accept myself just the way I am in all my (absolutely perfect) imperfection. In particular, I release the following:

9. I realize that there are people I might be tempted to hold responsible for shaming me into believing these stories and teaching me that I am less than perfect. I resolve to do as many Radical Forgiveness Worksheets as necessary to forgive them for doing this. (List the people.)

10. I would now realistically describe myself, with all my strengths and weaknesses, as follows:

11. Read the following statement out loud: I completely forgive myself, (your name) _____, and accept myself as a loving, generous, creative being. I release all need to hold on to negative emotions and ideas of low self-worth. 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."

12. Read the following statement out loud: 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. 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.

13. A note to myself:

Write some sort of loving statement to yourself saying how much you appreciate and honor yourself for doing the worksheet. Then finish by reading your statement out loud, as well as the following declaration: I completely accept you just the way you are, for I now realize that you have always been perfect and that there was never anything wrong with you. I acknowledge, accept, and love you unconditionally just the way you are. I recognize that I am a spiritual being having a spiritual experience in a human body, and I love and support myself in every aspect of my humanness.

14. SELF-ESTEEM CHECK: On a scale of 1–10 (1 being very low and 10 being very high), my self-esteem is:

The Radical Self-Forgiveness Worksheet

Created by Colin Tipping

Date: _____

1. TELLING THE STORY

1. What I am blaming myself for is . . .

2. What I hear my judging self saying to me about it is . . .

3. With regard to this situation, . . . *(Circle as many as you judge appropriate to how you are feeling)*

a) Toward myself, I feel: rejecting, dismissive, angry, distant, sarcastic, frustrated, critical, irritated, skeptical, ashamed, weak, sad, hurtful, hostile, angry, hateful, jealous, vengeful, rageful, apathetic, isolated, inferior, stupid, remorseful, lonely, depressed, ashamed, guilty, suicidal.

b) As I look at my life, I feel: apathetic, isolated, inferior, stupid, remorseful, tired, bored, lonely, depressed, ashamed, guilty, suicidal.

c) In general, I feel: bewildered, discouraged, insignificant, inadequate, hopeless, embarrassed, overwhelmed, confused, helpless, submissive, insecure, anxious,

Further Comment: _____

SELF-ESTEEM CHECK: On a scale of 1–10 (1 being very low and 10 being very high), my self-esteem at this time is:

2. FEELING THE FEELINGS

4. I lovingly recognize and accept my feelings, and judge them no more.

(Check one: Be truthful — whichever one is OK)

WILLING:	OPEN:	SKEPTICAL:	UNWILLING:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SPACE FOR ADDITIONAL COMMENTS

5. I own my feelings. Since emotions are thoughts (or beliefs) attached to a feeling, my feelings are a reflection of how I see (judge) myself in relation to the situation.

WILLING:	OPEN:	SKEPTICAL:	UNWILLING:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. COLLAPSING THE STORY

6. GUILT LEVEL CHECK: On a scale of 1–10, (1 being very low and 10 being very high), my guilt level is at this time:

7. My guilt over what happened is **appropriate/inappropriate**. *(Circle one and explain)*

SPACE FOR ADDITIONAL COMMENTS

8. Even though I don't know why or how, I now see that my soul has created this situation in order that I learn and grow.

WILLING:	OPEN:	SKEPTICAL:	UNWILLING:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9. I am willing to see that my mission or "soul contract" included having experiences like this—for whatever reason.

WILLING:	OPEN:	SKEPTICAL:	UNWILLING:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. I now realize that nothing I, or anyone else, has done is either right or wrong. I drop all judgment.

WILLING:	OPEN:	SKEPTICAL:	UNWILLING:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

11. I release the need to blame myself and to be right and I am *willing* to see the perfection in what is, just the way it is.

WILLING:	OPEN:	SKEPTICAL:	UNWILLING:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

12. Even though I may not know what, why, or how, I now realize that I and the others involved have been receiving, exactly what we each had subconsciously chosen and we're doing a healing dance with and for each other.

WILLING:	OPEN:	SKEPTICAL:	UNWILLING:

13. I honor myself for being willing to play a part in others' healing and bless them for being willing to play a part in mine.

WILLING:	OPEN:	SKEPTICAL:	UNWILLING:

14. I release from my consciousness all feelings of: *(As circled in # 3.)*

15. I honor my own willingness to see my misperceptions and bless myself for creating this opportunity to practice Radical Self-Forgiveness.

WILLING:	OPEN:	SKEPTICAL:	UNWILLING:

16. I now realize that what I was experiencing *(my perpetrator/victim story)* was a precise reflection of my human perception of the situation. I now understand that I can change this reality by simply being willing to see the spiritual perfection in the situation. For example . . . *(Attempt a Radical Self-Forgiveness reframe.)*

17. I completely forgive myself, (your name) _____ and accept myself as a loving, generous and creative being. I release all need to hold on to negative emotions and ideas of low self-worth. I withdraw my energy from the past and release all barriers against the love and abundance that I know I have in this moment. 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 power and magnificence.

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. 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.

19. **A note to anyone who I hurt or negatively affected in some way:** _____ (name of person), having done this worksheet, I now realize that there was a divine order to what happened. However, from the perspective of being in this physical world of pain and suffering, I still wish to apologize, to make amends, and ask for your forgiveness. My Radical Apology is as follows:

20. **A note to myself:**

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

SELF-ESTEEM CHECK: On a scale of 1–10 (1 being very low and 10 being very high), my self-esteem is now: