

Be Transformed Unforgiveness Exercise

- 1) *"God, it hurt me when ..." (Be specific).*
- 2) *"And I felt .."*
- 3) *"I now choose to forgive"*
- 4) *"I accept __ unconditionally, which means my love and acceptance of _ does not depend on ___ performance now or in the future. I accept ___ just the way ___ is ... even if ___ never changes...even if ___ gets worse."*
- 5) *"I release___from the responsibility to meet my needs for love and acceptance. I choose to trust less alone as the only one who can truly meet all my needs."*
- 6) *"I am willing to risk being hurt again by ___and trust Jesus as my Wisdom and Protection in the future about this matter."*
- 7) *"God, I give You permission to change or to not change my feelings, according to Your time schedule."*

Remember, forgiveness is primarily for your benefit. Revealing to the offender that you have forgiven_____ is not necessary or desirable unless they request your forgiveness.

Now after you have walked through the steps of forgiveness, destroy this list.