NEW DAY RECOVERY

Session 22 Handout

Forgiveness Worksheet



From Session 22. Forgiving means one thing: I stop carrying a debt I was never built to collect. It does not mean it was okay. It does not mean I trust the person. It never means going back into danger. Go at a pace set with your counselor, pastor, or coach — deep wounds often let go in parts, and parts are not failure. A warrior lays down a weight that was never meant to be carried alone — not because the fight is over, but because your hands need to be free for the one in front of you. No one will urge you to forgive an abuser on any timeline, and forgiveness never requires contact. Forgiveness cannot be demanded, scheduled, or used as a test of recovery.

Name: _____ **Date:** _____

Step 1 — Remember the hurt honestly (R)

What happened, in plain facts. No softening it, no making it bigger:

Step 2 — Work to understand (SKIP this step for any person who harmed you or is unsafe)

What might have been true in the other person's life or pressures? Understanding is not excusing — the wrong stays wrong:

Step 3 — Give the gift (A)

Forgiving is a gift the other person did not earn. In my own words, the debt I am releasing is:

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Step 4 — Commit to the choice (C)

Say it out loud, and tell one safe person. Write the sentence you will use:

"I release _____ from my personal collection. I am done carrying this debt. This does not mean it was okay, and it does not reopen a door that should stay closed." — in my own words:

Step 5 — Hold on (H)

Feelings follow choices slowly. When the hurt feeling comes back, it does not mean you failed. Write what you will do and say at that moment:

The support I need for this — counselor, pastor, coach (name & the appointment I will make):

Private work: a letter about this hurt, if you write one, is not sent. Keep it in your workbook, or destroy it — your choice.