



TRANSFORMATIONAL JOURNALING

with Christa Potter

05



WEEK 6 - HEALING JOURNALING



02



FORGIVENESS JOURNALING



PREVIEW



IN THIS LESSON, YOU'LL DISCOVER:

- ▷ Why forgiveness is so important.
- ▷ What forgiveness really means.
- ▷ How we can journal to forgive.
- ▷ How forgiveness journaling helps us heal.





FACT

An important part of achieving a sense of wellbeing is not carrying grudges against others and not carrying guilt about our own mistakes.



forgiveness isn't just saying
I forgive you.

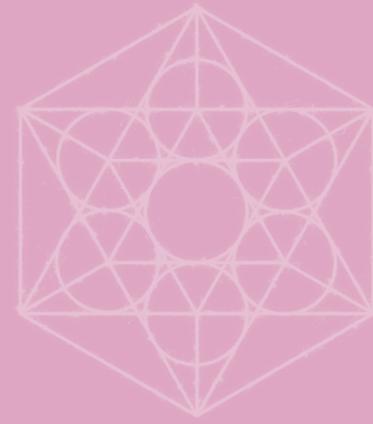




FORGIVENESS

- ▷ Is not done for the benefit of the person who wronged you. It's done for YOU.
- ▷ It does not mean you condone the behaviour.
- ▷ You're choosing to release the resentment.





“The weak can never forgive. Forgiveness is
the attribute of the strong.”

MAHATMA GANDHI

Forgiveness is
A CHOICE



- ▷ Uncover what it was exactly that hurt you.
- ▷ What was the affect it had on you?
- ▷ How will forgiveness benefit you. How will not forgiving continue to affect you?
- ▷ Journal to find compassion and understanding.



JOURNAL!



JOURNAL PROMPTS

- ▲ What's the most difficult thing about considering this forgiveness process?



JOURNAL!



JOURNAL PROMPTS

- ▲ Describe the situation for which you are trying to find forgiveness for.
- ▲ What affect has it had on you?



JOURNAL!



JOURNAL PROMPTS

- ▲ How might things be different if you decide to forgive?
- ▲ How will deciding not to forgive affect things moving forward?



JOURNAL!



JOURNAL PROMPTS

- ▲ What was the life of the person who hurt me like when they hurt me? What was their life like as they grew up? How may this have affected their behaviour?



JOURNAL!



JOURNAL PROMPTS

- ▲ What have you gained or learned from this experience? Did you grow as a person? Gain resilience? Been brought closer to others in your life? Can you find any positives in the experience?



JOURNAL!



JOURNAL PROMPTS

- ▲ Is there anything you need to be forgiven for?
- ▲ How can you forgive yourself?



JOURNAL!



JOURNAL PROMPTS

- ▲ In what situations do you find yourself intolerant of others? Can you forgive yourself (and others) for closing your heart?



JOURNAL!



JOURNAL PROMPTS

- ▲ Describe a time in your life when you experienced true understanding or forgiveness.





YOU DID IT!

What is your biggest takeaway from this lesson?



PREVIEW



IN THE NEXT MODULE, YOU'LL DISCOVER:

- ▶ Journaling for Emotional Processing and Healing
- ▶ Writing Letters Journaling

