



FORGIVENESS JOURNALING TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



FORGIVENESS JOURNALING

▷ What You'll Discover

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

▷ Benefits of Forgiveness Journaling

Journaling as Forgiveness work. This, my friend, is an incredibly powerful form of journaling. Practicing forgiveness is one of the most transformative things you can embrace in your life. We could easily do a whole course on the art and gift of forgiveness alone.

An important part of achieving a sense of wellbeing is not carrying grudges against others and not carrying guilt about our own mistakes. If you feel resentful or guilty, you're not likely to have a peaceful attitude.

Forgiveness is not just saying the words "I forgive you". It's a process you go through. Forgiveness is not done for the benefit of the person who wronged you. It is done for YOU. They do not even need to know you've done it. Just think about it. If you can't forgive someone, who is it that suffers? Long after the other person has moved on, we continue to hang onto the burden and the anger and hurt days, months, and years later. It's not healthy, either emotionally or physically.



Forgiveness does not mean that you condone the behaviour in any way or suggest you should forget it happened. What it means is that you are releasing the resentment you have towards the person and trying to find compassion for them.

▶ How to Do Forgiveness Journaling

Forgiveness is not easy. We can feel entitled to our anger. Use it as a crutch to feed our desire to play the victim. But forgiveness is POWERFUL. No one can make you forgive. It is a choice and a decision that you alone can make. You can choose to forgive and release your attachment to the past so you can embrace the happiness of your present.

When doing forgiveness work we must uncover what the injustices are we feel we have faced. Why does the treatment we receive feel wrong and unjust? What are we resentful of and hurt by? How did we contribute to what happened?

Then we need to look at the harm this caused us. Was it emotional? Physical? Did it affect a relationship or belief we held?

How will forgiveness benefit us in this situation? How will us not forgiving affect us moving forward? In other words, WHY should we DECIDE to forgive?

If you've decided that you want to forgive in this situation it goes far beyond just saying I forgive you. That is where the forgiveness work, and the forgiveness journaling comes in. You have to begin to shift your feelings toward the offending party and try to understand where they were coming from and why they might have done what they did so you can find some compassion and understanding. Let me point out again, we are not trying to condone the behaviour, only understand it.

Here are some journal prompts that can help you through this process:

▶ Journal Prompts

- What's the most difficult thing about considering this forgiveness process?
- Describe the situation for which you are trying to find forgiveness for.



- What affect has it had on you?
- How might things be different if you decide to forgive?
- How will deciding not to forgive affect things moving forward?
- 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?
- 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?
- Is there anything you need to be forgiven for?
- How can you forgive yourself?
- In what situations do you find yourself intolerant of others? Can you forgive yourself (and others) for closing your heart?
- Describe a time in your life when you experienced true understanding or forgiveness.



Notes

A series of horizontal dotted lines for writing notes.

