

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:

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:

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:

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

WILLING:	OPEN:	SKEPTICAL:	UNWILLING:

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:

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:

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: