

Forgiveness Reflection Worksheet

Forgiveness isn't about excusing what happened or forgetting the pain. It's about freeing yourself from what's been weighing you down. Use the space below to reflect honestly on where you are in the process and what letting go could mean for your healing.

1. What am I still holding on to?

2. What would forgiving look like just for me?

3. How does holding on to anger or resentment affect my body and emotions?

4. What small step could I take today toward releasing this pain?

5. What does peace look or feel like to me right now?

6. Who (or what) do I need to forgive — including myself?

Remember, forgiveness is a process. Each time you reflect and release a little more, you're taking another step toward peace and freedom.