



FINDING FORGIVENESS WORKSHEET

Consider a person in your life who you may need to forgive-or yourself-and practice the 4 N's.

Notice the story you are telling yourself about this person, yourself, or the experience. Write it out to relieve some of the emotional suffering.

Start to Normalize the suffering or hurt you've had around the situation. Why is it ok that you've felt some pain around the experience?

Now it is time to try Neutralizing your experience. Write down the facts of the story with the goal of taking the emotional temperature down a bit. It's ok if this feels hard.

Now choose your Next Best Thoughts- what has this experience taught you about your values? Or has it helped you better see and empathize with the difficulties others face? How might you have thrived because of this?
