



**BRENDA REISS**  
*Transformational & Forgiveness Coaching*

## Forgiveness List Worksheet

Make a list of all the people or groups that have upset you, victimized you, hurt you or have caused you difficulties in your life, past or present. They can be alive or dead, personally known to you or not. List them even if you think you have “dealt with” that particular person or situation or issue. (Most likely you have “dealt with it” through traditional forgiveness which isn’t effective and promotes denial, or you may have done a spiritual bypass.)

If you know the underlying “issue,” write a word or phrase that best describes it. For example:

lied to  
let down  
betrayed  
cheated on  
abandoned  
discriminated against  
used  
exploited  
beaten  
raped  
abused  
controlled  
disowned  
attacked  
ignored  
put down  
rejected  
etc.

# BRENDA REISS

*Transformational & Forgiveness Coaching*

Then, note the feeling that seems to be connected with it, such as: angry, resentful, sad, jealous, vengeful, fearful, hurt.

Also, indicate on a scale of 1-100 how much emotional charge you still have around this “story.” 20 would be minimal, such that when you think about it, you don’t notice any changes in your body or emotions. 60 would indicate that you still feel attached to your story and still feel a charge on it. 100 would mean you are still totally consumed by it. Go inside and tune in with yourself. Scan your body thoroughly to determine what, if any, charge is present. Be totally honest.

*Need ideas?*

Having a hard time coming up with people to forgive? Here are some ideas.

<b>FAMILY</b>	<b>ASSOCIATES</b>	<b>MY BODY</b>
Mother	Friends	Body Type
Father	School	Looks
Siblings	Work	Size
Relatives	Team Mates	Health
Grandparents	Teachers	Energy
	Bosses	Doctors
	Business Partner	
<b>SPIRITUAL</b>	<b>SOCIETY</b>	<b>BELOVEDS</b>
God	Government	Lovers
Life	Politicians	Mates
Church	Schools	Partners
Minister	Races	Hopefuls
Guru	Disasters	
	Lawyers	
	Professionals	
	Professions	
	IRS	

# BRENDA REISS

*Transformational & Forgiveness Coaching*

Person or Group	Underlying Issue	Core Feelings	% Charge

# BRENDA REISS

*Transformational & Forgiveness Coaching*

Person or Group	Underlying Issue	Core Feelings	% Charge