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Forgiveness is a Decision

“I was stuck in the past. My life has been so much better since I made the decision to forgive and move on.” Participant in EAS class on “Forgiveness and Healing”

Forgiveness is a decision, not a feeling. Forgiveness is not condoning the behavior of the person who hurt you. Forgiveness is about letting go of negative, poisonous thoughts and feelings that are harming you.

This process has helped many people move through the forgiveness process and move on with their lives. Complete this worksheet and then share your responses with someone you trust-your counselor, mentor, advisor or supportive friend.

1. How would your life be better if you forgave the person who hurt you?

2. How is not forgiving hurting you (physical, mental, emotional well-being)?

3. Who hurt you/do you resent?

4. Write about what happened/how you were hurt:

5. If you are having a hard time forgiving try empathy (walk a mile in their shoes). What may have gone on with them at the time?

6. If you are having hard time forgiving, ask yourself if you have something at stake in holding onto your hurt/resentment: being right, being a victim, feeling sorry for yourself, using what happened as an excuse, etc.

7. Is there a mistake you made for which you have not forgiven yourself?
