

Exercise 1 - Resentments and Angers Worksheets

RESENTMENT *(name it)* _____

How does it serve me to hold onto it? *(be realistic, do you get something out of having this? It's ok if you do, list it)* _____

What is the subconscious bad programming I got from this experience *(list in sentence phrases, ie: I am unlovable because that person abandoned me.)* _____

Did I hurt that person too? If so, how do I think I might have hurt them. Was their hurting me a reaction to me hurting them? Do I have any responsibility in creating the situation? *(if you were a child and your parent did it wrong, keep it real here, you were not at fault. This is an adult question, or at least teenager!)* _____

Am I ready to release, forgive and no blame this? If not, what is still there? *(write your release, forgive and no blame statements for this person, place or situation)* _____

What is my prayer and highest wish for that person, place or situation's well being? *(write out your beautiful wish for their well being, happiness, success, healing, and good life, make it good!)* _____

Thank you for the experience and the lessons. *(list what you learned from this experience, skills you gained or are gaining now, and what makes you a better person now.)* _____

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