

Forgive For Good

Session#2

What interpretation did you make up about this incident?? What did you have this event mean? What BIGGER story did you create out of the event or situation that is above and beyond the facts?

What did you get to be right about? What negative beliefs about yourself got reinforced? What core negative beliefs did you either make up from the story or drove the story? (Examples: I am not enough, people always abandon me, life's not fair, I am unworthy, no one will love me, I am always last or left out, It's not okay to be myself, I am alone, other people are more important than me, it isn't okay to be powerful, etc.)

What role did you require this person to play for you to have this interpretation, to play out this story or to be right about your core negative beliefs?

What were/are your judgments about this person? What did you make up about that person?

How are you like the judgments you have about this person?
(Refer to Byron Katie Facilitation sheet)

What aspects about you have you disowned, denied, repressed and projected on to them?

What aspects of you is this person reflecting that need to be loved and accepted in yourself?