

## **Forgive For Good**

### **Session#4**

What has been the benefit or gift of this experience? How are you more expanded? What was good about your having created this? (There are always benefits to our negative stories and behaviors, always gifts we receive.)

What new story can you create for yourself out of this experience? (Change your victim/blame story into a hero's story of courage, triumph, survival and empowerment.)

What new belief about yourself are you willing to cultivate? What evidence do you have for that this is already true?

What hopes do you have for the future? (Change your unenforceable rules to hopes and desires.)

What are you willing to forgive yourself for?

What are you willing to forgive this person for? What are you willing to let go of and release?

Is there anything you need to say or do or ask for to be complete with this issue? If so, what?

What do you REALLY want with this person moving forward, if anything? What is the experience you want to create with regards to this person and/or this incident now and in the future? (Requests?)

How will you be different (with this person) moving forward? (Actions. Promises.)

What do you appreciate about this person or incident? What are you grateful for? What sweet moments, experiences, gifts will you always treasure from this experience together? (Be sure to include thanking them for playing their part in this perfectly unfolding experience FOR you to grow and learn.)