

My Forgiveness Journey Workbook

A Gentle Step Toward Letting Go


“Forgiveness doesn’t change the past. It changes what you carry forward.”

Step 1: Name the Weight

Think of one **small, specific moment** you haven’t quite let go of—

- ◆ A missed bill payment because of a bet
- ◆ A lie you told to hide your gambling
- ◆ A broken promise to someone you love
- ◆ A moment you were unkind to yourself


Write it down here:

 *“I still feel guilty about...”*

Step 2: Acknowledge with Compassion


Take a moment to validate the emotion, not dismiss it, not dramatize it.

Try filling in this sentence:

 _ “At the time, I was struggling with _____. *I made a choice I now regret, but I also know I was doing the best I could with what I had.*”

Step 3: Choose to Release


Now, say this out loud or write it in your own words:


 *“I forgive myself for this moment. I choose to learn from it, not live in it. I release its power over me and give myself permission to move forward.”*

(Optional: write this on a separate piece of paper and tear it up or place it in a ‘release’ jar.)

Step 4: What Did I Learn?


Even from the smallest missteps, growth is possible. Reflect on:

 *“This taught me...”*

 *“Next time, I’ll choose...”*

Step 5: Practice Gentle Repetition

Forgiveness isn't always a one-time act. For the next 48 hours, every time your mind returns to this moment, gently repeat:

 *“That’s done. I’m learning. I’m healing.”*

Keep Going

You don’t have to forgive everything at once.
Start with one small thing. Then another. Healing happens in layers.