

Radical Forgiveness Worksheet Instructions

ASSUMPTIONS

1. We are spiritual beings having a spiritual experience in human bodies.
2. We have bodies that die, but we have immortal souls that existed prior to our incarnation and continue to exist after death. (Therefore, death is an illusion.)
3. While our bodies and our senses tell us we are separate individuals, we are all one. We all individually vibrate as part of a single whole.
4. In order to exponentially expand our awareness of oneself, we agreed to come to this world of duality in order to experience the exact opposite of oneness – separation.
5. Part of the agreement was that we would forget the world of oneness we came from in order to fully experience the pain of separation. When we have experienced the amount of pain we agreed to have in this lifetime, we use this process to awaken and remember who we are.
6. Since the pain of separation is an emotional experience, we need a body to be able to feel it.
7. The human experience is meant to be an emotional one, so the extent to which we deny our feelings is the extent to which we deny our purpose for being here.
8. Vibrationally, we live in two worlds simultaneously:
 - a) The World of Divine Truth (Spirit)
 - b) The World of HumanityOnce we awaken, we can live comfortably in both.
9. The World of Humanity is a spiritual classroom, and life is the curriculum. Our lessons are the events that happen in life. The objective is to awaken to the truth of who we are and return home.
10. When we decided to incarnate into the World of Humanity, GOD gave us total free will to live the experiment in any way we choose and to find for ourselves the way back home.
11. We have three forms of intelligence: mental, emotional, and spiritual. Our spiritual intelligence knows the truth of who we are and connects us directly to universal intelligence.
12. Life is not random. It provides for the purposeful unfoldment of our own divine plan, with opportunities to make choices and decisions in every moment guided by our Higher Self and ego.
13. We create our reality through the Law of Cause and Effect. Thoughts are causes that show up in our world as physical effects. Reality is an outplaying of our consciousness. Our world offers a mirror of our beliefs.

14. At the soul level, we get precisely what we need in our lives for our spiritual growth. How we judge what we get determines whether we experience life as painful or joyful.
15. Through relationship we grow and learn. Through relationship we heal and are returned to wholeness and truth. We need others to mirror our misperceptions and our projections and to help us bring repressed material to consciousness for healing.
16. Through the Law of Resonance, we attract people who resonate with our issues so that we can heal them. For example, if abandonment is our issue, we will tend to attract people who abandon us. In that sense, these people serve as our teachers.
17. We come into the physical life experience with a mission: to fully experience a particular energy pattern so we can feel the feelings associated with that pattern and then transform that energy through love.
18. Physical reality is an illusion created by our five senses. Matter consists of interrelating energy fields vibrating at different frequencies.

NOTE: If you find yourself unable to accept any of these assumptions, simply disregard them. It will make no difference to the effectiveness of this process.

Subject: Identify the person, situation, or object about which you feel upset. Do not use the Radical Forgiveness Worksheet for forgiving yourself. There is a separate worksheet for forgiving yourself.

1. TELLING THE STORY

1. Write about the person, situation or object upsetting you in the third person. In other words, tell your story as if you were telling someone else what happened or is happening. Tell the story about your upset from the victim's viewpoint (victim consciousness is the old paradigm). Don't hold back. Describe what the situation is or was and how it feels for you right now, and/or what it felt like at the time. Do not edit or overlay it with any spiritual or psychological interpretation. You must honor where you are now, even if you know that you are in Victimland and therefore in the illusion. Remember, we are rarely if ever upset for the reason we think. Knowing that you are experiencing and need to experience it represents the first step toward escaping from it. Even if we have already awakened to the truth (the new paradigm), we can easily be knocked off balance and perceive ourselves as victims again very easily. Being human requires that experience. We cannot always be joyful and peaceful and see the perfection in absolutely every situation.

2. A) Who angers, frustrates, or confuses you, and why? Be as confrontational as possible with the person, situation or object upsetting you, and lay out exactly what you blame him/her/it for. Let the words you choose represent the totality of your upset. If the object or situation has no name, give it one, or at least write about it as if it were a person. If the person is dead, speak to him or her as if he or she were there in front of you. Address the person directly. However, keep to one issue and do not kitchen sink it. Get clarity on precisely what you feel so upset about now.

B) It is vitally important that you allow yourself to feel your feelings. Do not censor or stuff them. Remember, we came into the physical realm to experience emotion – the essence of being human. All emotions are good, except when we suppress them. Make sure the emotions you identify represent real emotions you actually feel, not just thoughts about how you feel. Are you mad, glad, sad, or afraid? If you would like to feel your emotions more clearly or strongly, hit a cushion or pillow, or scream into a pillow. The more you allow yourself to feel the hurt, sadness, or fear that may lie beneath your anger, the better!

C) How do you want them to change? What do you want them to do?

D) What is it that they should or shouldn't do, be, think or feel? What advice could you offer?

E) What do they need to do in order for you to be happy?

F) What do you think of them? Make a list.

G) What is it that you don't want to experience with that person again?

2. FEELING THE FEELINGS

3. This important step (I lovingly recognize and accept my feelings and judge them no more. I am entitled to my feelings) provides you with an opportunity to allow yourself some freedom from the belief that feelings like anger, vengefulness, jealousy, envy, and sadness are bad and should be denied. No matter what they are, you need to feel your emotions in exactly the way they occur for you, for they are an expression of your true self. Your soul wants you to feel them fully. Know they are perfect and quit judging yourself for having them.

Do the following 3 step process for integrating and accepting your feelings:

Step 1: Feel the feeling fully, and then identify it as either mad, glad, sad, or afraid.

Step 2: Embrace the feelings in your heart just the way they are. Love them. Accept them. Love them as part of yourself. Let them be perfect. You cannot move into the joy vibration without first accepting your feelings and making peace with them. Say this affirmation: "I ask for support in feeling love for each of my emotions just the way they are, as I embrace them within my heart and accept them lovingly as part of myself".

Step 3: Now feel love for yourself for having these feelings and know you have chosen to feel them as a way of moving your energy toward healing.

4. This statement (I own my feelings. No one can make me feel anything. My feelings are a reflection of how I see the situation) reminds us that no one can make us feel anything. Our emotions are our own. As we feel, recognize, accept, and love our emotions unconditionally as part of ourselves, we become entirely free to hold on to them or let them go. This realization empowers us by helping us realize that the problem resides not "out there" but "in here", within ourselves. This realization also represents our first step away from the victim archetype vibration. When we think that other people or other situations make us mad, glad, sad, or afraid, we give them all our power.

5. When we feel disconnected from someone, we cannot love them. When we judge a person (or ourselves) and make them wrong, we withhold love. Even when we make them right, we are withholding love, because we make our love conditional upon their rightness continuing.

Any attempt to change someone involves a withdrawal of love, because wanting to change them implies that they are wrong and need to change in some way. Furthermore, we may even do harm in encouraging them to change, for though we may act with the best intentions, we may interfere with their spiritual lesson, mission, and advancement.

This is more subtle than we may realize. For instance, if we send unsolicited healing energy to someone because they are sick, we are in effect making a judgment that they are not okay as they are and should not be sick. Who are we to make that decision? Being sick may be the very experience they need for their spiritual growth. Naturally, if they request a healing, it becomes a different matter entirely, and you do all you can in response to their request. Nevertheless, you still see them as perfect.

So make a note in this section of all the ways in which you want the person you are forgiving to be different or in what respects you want them to change. What subtle judgments do you make about the person that indicate your inability to accept them just the way they are? What behavior do you exhibit that shows you to be in judgment of them? You may be quite surprised to find that your well-intentioned desire for them to be different “for their own benefit” was really just a judgment on your part.

If the truth be known, it is precisely your judgment that creates the person’s resistance to changing. Once you let go of the judgment, the person will probably change. Ironic, isn’t it.

Note: Look to see how many of these judgments and expectations you are making about yourself. This is another way of saying that what you see in another person is what you despise in yourself. Try doing that. It is very revealing.

3. COLLAPSING THE STORY

6. This step, in which you list your interpretations of the event, recognizes that most of the pain and suffering we are experiencing is the result of having magnified the situation in our mind and added a tremendous amount of meaning and interpretation to the facts of what actually happened. This is by design, because our higher self wants us to milk the situation for as much separation angst as possible in order to get the most learning and growth from it. But now that we are becoming open to the idea that the situation happened for us rather than to us, and that it was self-created and purposeful, we can reduce the amount of emotional charge we experience with this situation by simply separating the facts from the interpretations. When you have noted your interpretations, assess how much charge remains by indicating the appropriate level of emotion.

7. This step recognizes that we nearly always take things personally, especially when we are very young. As children, we are naturally egocentric. When something happens and we attach a meaning to it relating to ourselves, such as “It was my fault”, it is only a short step to our forming a core negative belief based on that idea. Look at the interpretations you listed on the worksheet and see which of the core negative beliefs in your self-concept arise from those interpretations. Many of your dramas may be driven by these beliefs, especially ones like “I am not good enough”. Again, these beliefs create incredible opportunities for us to experience separation, but now that we have awakened to the truth, we can release them for the falsehoods they really are

NOW OPENING TO A REFRAME

8. This is self-explanatory, but as we now get close to the reframe that Radical Forgiveness demands, the process gets more challenging. Sending love and gratitude to one’s victimizer is not easy. Fortunately Radical Forgiveness is a fake-it-till-you-make-it process, so just pretend to send love and gratitude if you have to. The process works either way, so don’t worry about it.

NOTICING A PATTERN AND SEEING THE PERFECTION IN IT

9. This step requires that we are curious human beings and that we have an insatiable need to know why things happen as they do. So although we must abandon our need to know, this step offers us the chance to have some fun looking for some of the more obvious clues that would offer evidence that the situation was always perfect in some unexplainable way. So long as we do not make having such evidence a prerequisite for accepting that this was so, there is no harm in it, and it may turn on some lightbulbs. Bear in mind, too, that there may well be nothing that strikes you as evidence one way or the other. If nothing stands out, don't worry. It does not mean that the statement is any less true.

The kinds of clues to look out for might be:

- **Repeating Patterns:** This is the most obvious one. Marrying the same kind of person over and over again is an example. Picking life partners who are just like your mother or father is another. The same kind of event happening over and over is a clear signal. People doing the same kinds of things to you, like letting you down or never listening to you, is another clue that you have an issue to work through in that area.
- **Number Patterns:** Not only do we do things repetitively, but we often do so in ways that have a numerical significance. We may lose our job every two years, fail in relationships in threes, get sick at the same age as our parents, find the same number turning up in everything we do, and so on. It is very helpful to construct a time line. You might find a meaningful time correlation in what is happening.
- **Body Clues:** Your body gives you clues all the time. Are you always having problems on one side of your body, or in areas that correlate to particular chakras and the issues contained therein? Books by Caroline Myss, Louise Hay, and many others will help you to find meaning in what is happening to your body and what the healing message is. In my work with cancer patients, the cancer always turned out to be a loving invitation to change or to be willing to feel and heal repressed emotional pain, usually anger.
- **Coincidences and Oddities:** This is a rich field for clues. Anytime anything strikes you as odd or out of character, not quite as you would expect, or way beyond chance probability, you know you are onto something. Where once we thought things happened by chance and were just coincidences, we are now willing to think that it is our spiritual intelligence making things happen synchronistically for our highest good. It is these synchronicities that lie embedded in our stories, and once we see them as such, we then become free to feel the truth in the statement: "My soul has created this situation in order that I learn and grow".

This step also reinforces the notion that thoughts, feelings, and beliefs create our experiences, and that we order our reality in such a way as to support our spiritual growth. When we open ourselves to this truth, the problem almost always disappears. That is because there are no problems, only misperceptions.

This also challenges us to accept the possibility that the situation may be purposeful and to let go of the need to know the how and the why of it. This is where most intellectually inclined people have the greatest difficulty. They want proof before they believe anything. Therefore they make "knowing why" a condition for accepting the situation as a healing opportunity.

It is no good asking why things happen as they do, because this is asking to know the mind of GOD. At our current level of spiritual development, we cannot possibly know the mind of GOD. We must give up our need to know why (which is a victim's question anyway), and surrender to the idea that GOD does not make mistakes, and therefore everything is in divine order.

The importance of this step comes in its ability to help you feel your way out of the victim mode into the possibility that the person, object, or situation with whom you have the issue reflects precisely that part of yourself that you have rejected and which cries out to be accepted. It acknowledges that the divine essence within, the knowing part of yourself, your soul – whatever you want to call it – has set the situation up for you so that you can learn, grow, and heal a misperception or a false belief.

This step also creates self-empowerment. Once we realize we have created a situation, we have the power to change it. We can choose to see ourselves as the victim of circumstance, or we can choose to see our circumstance as an opportunity to learn, grow, and have our lives be the way we want.

Do not judge yourself for creating a situation. Remember, the divine part of yourself created it. If you judge the divine part of you, you judge GOD. Acknowledge yourself as a wonderful, creative, divine Being with the ability to create your own lessons along the spiritual path, lessons that will eventually take you home. Once you are able to do this, you are able to surrender to the divine essence that you are and trust it to do the rest.

4. TOWARD THE REFRAME

10. I have added this new section and need to write instructions for it.

11. These statements (I now realize that I get upset only when someone resonates in me those parts of me I have disowned, denied, repressed and then projected onto them. I see now the truth in the adage, "If You Spot It, You've Got It!" It's me in the mirror!) acknowledge that when we get upset with someone, that person is invariably reflecting back to us the very parts of ourselves we most despise and have projected onto them.

If we can open ourselves enough to be willing to accept that this person is offering us a chance to accept and love a part of ourselves that we have condemned, and that he or she is a healing angel in that sense, the work will have been done.

As I have said before, you don't have to like this person or condone their actions. Just recognize them as a mirror, thank their soul by doing this worksheet, and move on. Neither do we need to figure out what parts of ourselves are being mirrored. Usually it is far too complicated anyway. Let it go at that, and don't be drawn into an analysis. It works best without it.

12. This statement (zzzzzzzzzzzzzzzz is reflecting what I need to love and accept in myself. Thank you zzzzzzzzzzzzzzzzz for this gift. I am now willing to take back the projection and own it as a part of my

Still, be willing to drop your judgment. Willingness always remains the key. It creates the energetic imprint of Radical Forgiveness. As the energy shifts, all else follows.

15. This statement (I am willing to see that, for whatever reason, my mission or 'soul contract' included having experiences like this and that you and I may have agreed to do this dance with and for each other in this lifetime. If it is for the highest good for both of us, I now release you and me from that contract) is simply to remind us of one of the assumptions of Radical Forgiveness: that we come into this life experience with a mission or an agreement with Spirit to do certain things, be a certain way, or transform certain energies. Whatever that mission was or is, we simply know that whatever experiences we are having are part and parcel of the role we came in to play. Princess Diana's story is a great example of that. Please note that the statement 'If it is for the highest good for both of us, I now release you and me from that contract' absolves us from the need to know what the mission is or was.

5. REFRAMING THE STORY

16. Do you really want to know the truth? Investigate your statements/complaints/judgments using the four questions and the turnarounds in step 17 below. Leave out any statement beginning with "but," "because," or "and". Often you will have several negative judgments about one person. Start with the one that seems the biggest or most significant. This step is a meditation and is about awareness; it is not about trying to change your mind. Let the mind ask the question, and then contemplate the question. Take your time, close your eyes, be still, go inside deeply, and wait for the deeper answers to surface.

1. Is it true? The answer is a "yes" or a "no" only.

If the statement is: "Paul should understand me" Is it true? Is it true that he should understand you? If your answer is "no," continue to question #3.

2. Can you absolutely know that it's true? For example, ultimately, can you really know what he should or shouldn't understand? Can you absolutely know what is in his best interest to understand?

3. How do you react, what happens, when you believe that thought? For example, what happens when you believe "Paul should understand me" and he doesn't?

(Occasionally people find the following sub-questions helpful. Use them only if you feel they are appropriate.)

What emotions happen when you believe that thought? (Depression, anxiety, etc.)

Does that thought bring peace or stress into your life?

What images do you see, past and future, when you believe that thought?

What addictions/obsessions begin to manifest when you believe that thought? (Alcohol, credit cards, food, the TV remote?)

Describe the physical sensations that happen when you believe that thought.

How do you treat that person and others when you believe that thought?

How do you treat yourself when you believe that thought?

4. Who would you be without the thought? Close your eyes and observe, contemplate. Who or what are you without that thought?

If it feels appropriate, take each statement/judgment/complaint separately through the inquiry process.

17. Statements can be turned around to the self, to the other, and to the opposite, and occasionally there are other variations as well. When dealing with an object, you can replace the object with “my thinking” or “my thoughts.” Find a minimum of three genuine, specific examples of how each turnaround is as true as or truer than your original statement.

The turnarounds are an opportunity to experience the opposite of what you believe to be true. You may find several turnarounds. For example, “Paul should understand me” turns around to:

- Paul shouldn’t understand me.
- I should understand me.
- I should understand Paul.

Let yourself fully experience the turnarounds. For each one, find at least three genuine, specific examples in your life where the turnaround is true. This is not about blaming yourself or feeling guilty. It’s about discovering alternatives that can bring you peace.

18. This (I release from my consciousness all feelings of yyyyyyyyyyyyyyyy) enables you to affirm that you release the feelings that you had noted in Step 2b above. As long as these emotions and thoughts remain in your consciousness, they block your awareness of the misperception that is causing the upset. If you still feel strongly about the situation, you still have an investment in whatever the misperception is – your belief, interpretation, judgment, etc. Do not judge this fact or try to change your investment. Just notice it.

Your emotions about your situation may come back time and time again, and you can make that okay too. Just be willing to feel them and then release them, at least for the moment, so that the light of awareness can shine through you and allow you to see the misperception. Then, once again, you can choose to see the situation differently.

Releasing emotions and their corresponding thoughts serves an important role in the forgiveness process. As long as those thoughts operative, they continue to lend energy to our old belief systems, which created the reality we are now trying to transform. Affirming that we release both the feeling and the thoughts attached to them begins the healing process.

THE REFRAME STATEMENT

19. If you are not able to see a new interpretation that is specific to your situation, that is not a problem. The Radical Forgiveness reframe might simply be expressed in a very general way, such as, “What happened was simply the unfolding of a divine plan. It was called forth by my own Higher Self for my spiritual growth, and the people involved were doing a healing dance with me, so, in truth, nothing

So, take a few minutes to meditate on this statement and be open to feeling the love. You may have to try this exercise many times before you feel it, but one day, just when you least expect it, the love and the joy will envelop you.

22. You began the Radical Forgiveness worksheet by confronting X. Your energy has probably shifted since you began, even if the shift occurred only a moment or two ago. How do you feel about X now? What would you like to say to X? Allow yourself to write without conscious thought, if possible, and do not judge your words. Let them surprise even you.

Then, as you acknowledge, accept, and love X unconditionally just the way he or she is, you recognize and forgive the projection that made you see X as less than perfect. You can love X without judgment now, because you realize that is the only way a person can be loved. You can love X now, because you realize that how he or she appears in the world represents the only way he or she can be. That is how Spirit has willed him or her to be for you.

23. A Note To Myself:

Remember, all forgiveness starts as a lie. You begin the process without forgiveness in your heart, and you fake it until you make it. So honor yourself for doing it, yet be gentle with yourself and let the forgiveness process take as long as you need it to. Be patient with yourself. Acknowledge yourself for the courage it takes simply to attempt to complete the Radical Forgiveness worksheet, for you truly face your demons in the process. Doing this work takes enormous courage, willingness, and faith.

24. If you don't feel complete, do this worksheet up to three times. If you still don't feel complete, do one or more of the support items below.

Emotions

HAPPINESS	Joy Amusement Enthusiasm Cheerfulness Courage Interest
BLAND	Contentment Comfortableness Disinterest Boredom Monotony
AGGRESSION	Annoyance Irritability Hostility Belligerence Outrage Anger Fury
PRETENSE	Resentment Contempt Envy Greed Jealousy Seething but hidden hatred Bitterness Vengefulness Loneliness Alienation Distrust Surprise
FEARFUL	Timidity Nervousness Anxiety Dread Fear Terror Fright Horror Dismay

DEPRESSION

Sorrow
Disgust
Sadness
Remorse
Grief
Despair
Apathy
Failure

Support

Wrong Indications – integrate into process above?

Righteous Computations – integrate into process above?

4 Magic Questions – integrate into process above?

Walk in Nature

Brainspotting

Connecting with the LIGHT

Work on Core Beliefs (limiting beliefs, RCs, etc.)