

# Resolv.Co

## The Forgiveness Formula

### Introduction

Forgiveness is the key to freeing yourself from the weight of past experiences. This formula is designed to guide you step-by-step through the process of identifying, confronting, and releasing the emotions tied to painful memories. Use this worksheet as a safe space for healing and growth.

### Step 1: Prepare Yourself

- Find a quiet space where you won't be interrupted.
- Grab a pen and this template (or a blank sheet of paper).
- Sit comfortably. Take a deep breath in, and as you exhale, close your eyes.

### Step 2: Calm Your Nervous System

Take a few moments to focus on your breathing.

- Inhale for a count of 4.
  - Exhale for a count of 4.
- Repeat this for one minute or until you feel calm and present.

### Step 3: Set Your Intention

Speak this aloud:

*"Please show me the memories that are holding me back, and allow me to release them."*

(Feel free to address God, the universe, or your higher power.)

### Step 4: Recall the Memories

Sit quietly and allow memories to surface. Write down each memory below.

### Example:

1. *Being teased in middle school for my appearance.*
2. *A fight with my best friend where I said hurtful things.*
3. *The time I felt betrayed by a family member.*

## **Your Memories**

- 1.
- 2.
- 3.
- 4.
- 5.

(Add more lines as needed, or use next page)

## **Step 5: Forgive and Release**

For each memory, use this forgiveness statement:

*“I choose to forgive [name] for [specific act], and I choose to release this memory because it no longer serves me.”*

### **Example:**

- *I choose to forgive Sarah for making fun of me in middle school, and I choose to release this memory because it no longer serves me.*

Now, go through your list and write your forgiveness statements below:

## **Forgiveness Statements**

- 1.
- 2.
- 3.
- 4.
- 5.

(Add more lines as needed, or use next page)

## **Reflection**

Once you’ve completed your forgiveness statements, take a moment to reflect:

- How do you feel now?
- Has a sense of peace or lightness come over you?

Write your thoughts here:

## **Final Reminder**

Forgiveness is a journey. You may need to revisit these steps as new memories resurface. Be patient and kind with yourself. Each time you forgive, you are consciously choosing peace, and joy.

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## The Forgiveness Formula

Your Memories:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_

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### Forgiveness Statements:

1. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
2. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
3. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
4. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
5. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
6. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
7. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
8. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
9. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
10. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
11. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
12. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.

13. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
14. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
15. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
16. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
17. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
18. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
19. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.
20. I choose to forgive \_\_\_\_\_ for \_\_\_\_\_  
and I choose to release this memory because it no longer serves me.

As you read each forgiveness statement aloud, breathe in a deep breath. Imagine you are breathing peace into your chest, and as you exhale, imagine you are exhaling any negative emotions associated with your memory.