

# THE POWER OF FORGIVENESS

## SELF-REFLECTION

## WORKSHEET

1. In what ways can I forgive others without portraying myself as weak?

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2. What positive attributes do I develop as a result of forgiving others?

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3. What are the barriers that make it difficult for me to forgive?

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4. When has it been difficult for me to forgive others?

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5. How does forgiveness make me happier?

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6. How does forgiveness transform my life?

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7. What can I do, today, to forgive those who have wronged me?

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8. Is there one person I could choose to forgive today?

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9. Why is choosing peace with others more helpful to my happiness than the need to feel justified?

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10. What does my spiritual faith teach me about showing mercy?

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