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The High Level Forgiveness Formula Worksheet

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THIS IS HIGH LEVEL FORGIVING - YOU MAY NOT BE FULLY READY TO GO HERE YET AND THAT'S OK - YOU WILL HAVE THIS INFO TO USE WHENEVER YOU ARE READY. You will need a bunch of blank paper to journal about all the following questions.

1. Take a few minutes and journal about your resentment, why your ego says you must stay mad, what you are mad about and what about this person makes you angry. **Let yourself get it all out.**

2. Understand that "you get what you give" - if you give punishment. Judgment, and anger you will also continue to suffer and feel punished, judged and angry. No peace lies in condemning and punishing. WRITE ABOUT WHY THAT IS TRUE.

3. In the end, the answer lies in repentance and forgiveness- but not in the way you think. Repent actually means to change your mind -so you can see this in a totally different way. WHAT IS ANOTHER WAY TO SEE THIS SITUATION - IN TRUST?

4. You can choose to see that you are actually always safe. You think you can be injured or wronged - but in reality you can't be. You are bulletproof unless you decide not to be. Your value is infinite and absolute and nothing you do, nothing anyone else does, nothing in this world can change it. Therefore no one can diminish you or hurt you - unless you choose to be hurt. It is impossible to be hurt by anything but your own thoughts. WRITE ABOUT WHAT THAT MEANS.

5. Nothing has meaning until I apply meaning to it. My thoughts are not real and mean nothing, most of the time. Unless I am thinking truth - my thoughts are just stories. It is impossible to be hurt by anything but my thoughts. Nothing outside of myself can hurt me or take away my peace. Nothing outside of myself can give my peace. WRITE ABOUT WHAT THAT MEANS.

6. Every single thing in my world is here to teach me to love at a deeper level - that is the entire purpose of my journey here. This experience or person is no exception. WRITE ABOUT WHAT THAT MEANS.

7. Forgiveness is the key to happiness, security and peace. WRITE ABOUT WHY.

8. Real forgiveness is not making someone guilty and then pardoning them for the offense. Real forgiving is not forgoing justified anger and punishment - or a gift undeserved. If you try to give it this way it will never work. You will hold onto resentment around giving an undeserved gift. WRITE ABOUT WHAT THAT MEANS.

We all deserve it – because there is no test and our value isn't on the line.

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If you deny forgiveness to anyone and cast them as undeserving - you will suffer with them - because “you get what you give” - You will feel punished, anxious, judged and unworthy too – that is just how your subconscious mind works. Whatever you put out – comes back. You always project your inner state. WRITE ABOUT WHAT THAT MEANS.

9. Real forgiveness is seeing the other person accurately as a divine, amazing, scared, stupid, student in the classroom of life - whose actions are often driven by misconception, fear, confusion and stupidity -just like you.

We are all students in the classroom of life, right on track in our own classroom journey. This means you are both innocent – the past is gone and every error born of fear and stupidity is already erased – this happens every instant - again and again - so you are ok and good enough all the time. WHAT WOULD THAT MEAN?

10. If I choose to defend myself - I will always feel attacked and unsafe. This happens because I am choosing to see myself as not bulletproof – I am choosing to see myself as vulnerable and unsafe.

Safety (a feeling of security) does not come from defending - it lies in trusting that you are bulletproof and no defense is necessary. Safety lies only in being bulletproof . WHAT DOES THAT MEAN?

11. When you think you attack in self-defense, you are saying that protection and safety comes from hate. Is that really where protection and safety come from?

It is not danger that comes when you put your defenses down and choose to be bulletproof - it is safety, peace and joy. You no longer need to defend because you need no defense. WHAT DOES THAT MEAN?

12. You have to choose where you want to live - and there are two choices:

Fear	Trust and Love
Judgment	Forgiveness
Crucifying self and others	Accepting Atonement for all
Condemning	Allowing
Attack	Edifying
Defending and protecting	Feeling safe

Remember whichever state you choose to live in – you choose for yourself and others. If you choose fear - You will feel attacked, judged, condemned and in need of protection. If you choose trust and love - You will feel forgiven, accepted, edified and safe.

WHERE DO YOU WANT TO LIVE?