





Forgiveness...

*Set yourself
free*

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QUANTUM LEAP COACHING

THE FORGIVENESS PRACTICE

- 1. Get clear about what's got you triggered.** Write down everything that you're bitter about regarding this situation. What are you hooked by? What feels wrong, unfair, unjust? What are you angry about? Who's complicit?
- 2. Next articulate to yourself that forgiveness is NOT about condoning the situation, person, or the person's behavior.** You're not saying that what happened was right, good, or something you want more of. You're not asking for more of it or saying it doesn't matter. You're simply saying you no longer want to drink the poison of being triggered by this.
- 3. Then, forgive the other person for what they did.**

"I forgive you for... (Name everything you articulated in Step #1 and anything else that comes to mind.)"

"I forgive you for being... and doing... "

Really go to town here and brainstorm everything that needs to be forgiven, anything and any person that's remotely involved and related needs to be forgiven... which means you release them. Remember this isn't condoning. It isn't saying you want to be friends with them. It's just saying you're done holding onto this.

Continues...



4. Forgive yourself for any part or role you played it in. **Most importantly, forgive yourself for what you made it mean.**

"I forgive myself for... "

"I forgive myself for making this mean that... "

5. **Then forgive yourself for holding onto this grudge / anger / disappointment / resentment / fury and the meaning you gave it for however long it's been.**

"I forgive myself for holding onto this and making myself miserable for... hours / days / weeks / years."

6. **Next, send love to yourself and the others involved then.** This is noble love. You get to be the benevolent provider of love. You have this power. You have this choice. You can send it out, sprinkle it, and give it away.

7. **Breathe this experience in with a couple of deep breaths that anchor in the experience.**

8. **Open your eyes and check in.** Does the situation feel different? If you've truly released and forgiven, the idea of what happen will no longer trigger you.

