

Forgiveness Journal Prompts

1. What experiences have you had with others that you believe you're still suffering from?

2. Do you think you've failed yourself in one way or another?

3. Do you have any regrets? What could you have done differently?

4. Do you examine your mistakes from a place of compassion or judgment?

5. What does forgiveness mean to you?

6. What are the benefits of forgiveness?

7. Do you find it easy to ask for forgiveness? Why? Why not?

8. Do you need someone to say sorry to be able to forgive them? Why?

9. Who do you need to forgive and why?

10. What do you need to forgive your younger self for not knowing?

11. What do you need the most so you can forgive and let go?

12. Are there any negative thoughts holding you back from forgiving?
What thoughts would you like to have instead?

13. What do you need to let go of that you have no control over?

14. How can your spirituality help you forgive?

15. How can other people help you forgive and who can help?

16. Write down at least 5 affirmations for yourself related to forgiving yourself and others.

The following are some examples:

- I give up all self-criticism.
- I am free from the prison of resentment.
- I acknowledge my faults and forgive myself completely.
- Forgiveness is a gift to myself.
- When I forgive myself, it becomes easier to forgive others.
- I accept my past and learn from it.

17. What are some new things you've learned about yourself from practicing forgiveness so far?

18. How can your past empower you in the future?

19. What do you still need to understand, or lack clarity about?

20. Write down some ways you can care for yourself physically, mentally, emotionally, and spiritually.

21. Name 3 things you can do today to help yourself feel good.
