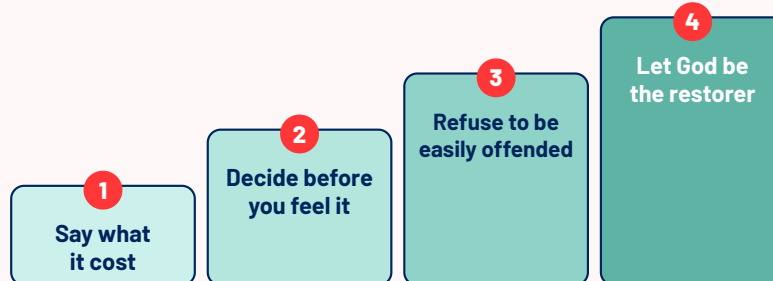


I Choose to Forgive Worksheet

Forgiveness is a decision before it is a feeling. It does not erase what happened, and trust rebuilds over time.

I Choose to Forgive: Four Moves



You release the debt. Trust rebuilds over time, through changed behavior.

Do this together, in one sitting. Each of you fills in your own box, then share. Listen to understand. This is a tool for the two of you, not a test.

1 Say what it cost

Write specifically what happened and what it cost you. The listener only reflects back what they heard.

ME

MY SPOUSE

2 Decide before you feel it

Finish: "I choose to forgive ____ for ____, even though I don't feel ready."

ME

MY SPOUSE

3 Refuse to be easily offended

List two small things you will give the benefit of the doubt on this week.

ME

MY SPOUSE

4 Let God be the restorer

Write one change you are asking for, and one hurt you are releasing to God.

ME

MY SPOUSE

This week: Pray over the one change you are asking for, and notice it when it shows up.

There's always, always hope.

Hope Relentless Marriage & Relationship Center · 3075 W Ray Rd #200, Chandler, AZ 85226 · (623) 343-4764
Free 30-minute consultation, both of you on the call: hoperelentless.com · Marriage coaching, not therapy.