

# THE FORGIVENESS JOURNAL

REVERSING CHRONIC  
INFLAMMATORY CONDITIONS  
WITH LIFESTYLE CHANGES  
RX DOSE DAILY

*Dr. Helen*

*Forgiveness is not an occasional act; it  
is a permanent attitude. – Martin  
Luther King Jr.*

# Introduction to the Gratitude Journal

Forgiveness is more than an emotional release; it can contribute significantly to physical health, reducing stress, inflammation, and supporting the body's natural healing processes. Use this journal as a guide to identify sources of hurt, process those emotions, and find pathways to let go and heal. Regular journaling on forgiveness can help you gain peace and decrease the impact of stress on your body, which is especially valuable for managing chronic conditions like type 2 diabetes, cardiovascular disease, and some cancers.

# The Connection to Health

Chronic stress can have profound effects on our physical health, especially when it comes to managing chronic diseases like type 2 diabetes. When we hold onto resentment, anger, or bitterness, our bodies remain in a constant state of stress, producing high levels of the stress hormone cortisol.

Elevated cortisol can increase blood glucose levels, contributing to insulin resistance and making blood sugar management more challenging for those with diabetes. Additionally, excess cortisol promotes fat storage, particularly around the abdomen and other truncal areas. This type of weight gain is linked to higher risks of cardiovascular disease, metabolic syndrome, and other complications. Over time, the burden of sustained cortisol release can even lead to osteoporosis, weakening the bones and increasing fracture risk.

High cortisol levels also damage gut health, disrupting the delicate balance of gut bacteria and contributing to inflammation, which worsens glucose control. An unhealthy gut can impair nutrient absorption, weaken immune function, and lead to increased inflammation throughout the body—complicating the management of chronic conditions like diabetes and making it harder to achieve stable blood sugar levels. Engaging in forgiveness practices can help reduce stress and lower cortisol, potentially easing the physical burden on your body. By choosing to let go of resentment, you may not only find emotional relief but also improve your overall health, supporting better glucose control and reducing your risk of stress-related health issues.

# How to Use This Journal

Using this journal is a personal journey of reflection, intention, and growth. It's designed to guide you through the process of identifying areas where forgiveness may be needed, whether it's forgiving others, yourself, or simply letting go of past hurts. Each entry will help you release stress, lower cortisol levels, and support your overall health by reducing the internal tension that contributes to inflammation. Here's a step-by-step guide on how to use this journal effectively:

## 1. Set an Intention for Your Forgiveness Practice

- Begin by setting a clear intention for your journal practice. Ask yourself what you hope to achieve or feel by engaging in forgiveness. Whether it's better health, inner peace, or healing old wounds, write down this intention at the beginning of your journal.

## 2. Daily or Weekly Reflection Prompts

- Use the prompts provided in each section to explore specific events, people, or emotions tied to forgiveness. Take a moment to write freely and honestly, without judgment. You might find it helpful to set aside dedicated time each day or week to reflect on these prompts, allowing you to dig deeper as you go along.

## 3. Identify and Reflect on Forgiveness Needs

- Use the journal pages to identify specific instances where you feel hurt, anger, or resentment. For each experience:
  - Describe the event or interaction that caused you pain.
  - Acknowledge your feelings and any impact they have on your health, stress, and body. Note any physical sensations, such as tension in your chest or stomach discomfort, as these can be signs of unresolved stress affecting your body.
  - Write down any recurring thoughts or feelings that surface in these moments.

# How to Use This Journal

## Cont'

### 4. Practice Letting Go

- In each entry, explore ways you can release control over the situation and allow forgiveness to start. This can include practicing empathy, reflecting on lessons learned, or shifting your perspective. You don't need to forgive immediately; take each entry as a step in the direction of letting go.

### 5. Health Check-In

- Regularly note how your forgiveness journey affects your body and emotions. Take a moment to assess your stress levels, sleep quality, and overall energy. If you notice changes in physical symptoms—such as improved glucose levels, less abdominal tension, or even better digestion—record these, as they are signs of the impact forgiveness may have on your well-being.

### 6. Gratitude and Affirmation Section

- End each entry with a note of gratitude or a positive affirmation. Even if you're finding forgiveness challenging, recognize the small steps you're taking and express gratitude for each one. This practice can reinforce positive feelings and provide motivation to continue the journey.

### 7. Review Progress Over Time

- Every few weeks, look back over your entries to see how your perspective has shifted and if forgiveness has impacted your stress or health. Celebrate these changes, no matter how small, as they contribute to your body's healing journey and reduce the inflammation that often worsens chronic disease.

By dedicating time to this journal, you're investing in a powerful tool for both emotional and physical healing. Over time, you may find yourself better able to manage stress, stabilize blood glucose, and experience improved overall wellness.

# FORGIVENESS JOURNAL

DATE

S M T W T F S

**Goal:** Become aware of unresolved hurts and reflect on how they might be impacting your body and mind.

## Week 1

Day 1 Prompt: "Who in my life has caused me pain or disappointment that I am still holding onto??"

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### THINGS THAT MADE ME SAD WHEN I THINK ABOUT IT



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Exercise: List individuals or events, however big or small that come to mind

Have you avoided places or events because of a past experience?

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

DATE

S M T W T F S

**Goal:** Become aware of unresolved hurts and reflect on how they might be impacting your body and mind.

## Week 1

**Day 2 Prompt:** "How do I feel physically and emotionally when I think of these people or events?"

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THINGS THAT MADE ME SAD WHEN I THINK ABOUT IT



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**Exercise:** Notice any tension, pain, or emotional reactions. Write down these physical and emotional responses.

How have you coped with these historically?

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

DATE

S M T W T F S

**Goal:** Become aware of unresolved hurts and reflect on how they might be impacting your body and mind.

## Week 1

**Day 3 Prompt:** "What impact does holding onto this pain have on my daily life and health?"

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WHEN DO I GET HEADACHES, BLOOD SUGAR SPIKES, FATIGUE OR OTHER SYMPTOMS?



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**Reflection:** Consider how these emotions may contribute to stress or physical symptoms like fatigue, headaches, or blood sugar spikes

What do you do about the spikes or other symptoms?

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

DATE

S M T W T F S

**Goal:** Become aware of unresolved hurts and reflect on how they might be impacting your body and mind.

## Week 1

**Day 4 Prompt:** "What could be the health benefits of letting go of these hurts?"

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WHAT WOULD IT LOOK LIKE IN MY LIFE TO FEEL BETTER?



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**Reflection:** Consider how these emotions may contribute to stress or physical symptoms like fatigue, headaches, or blood sugar spikes

What do you do about the spikes or other symptoms?

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

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**Goal:** Become aware of unresolved hurts and reflect on how they might be impacting your body and mind.

## Week 1

**Day 5 Prompt:** "Do you feel resistance to forgiving?"

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WHERE DO YOU SUPPOSE THE RESISTANCE IS COMING FROM?



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**Reflection:** Describe what worries or fears come up when you think of forgiveness.

Imagine life without feeling tormented by unforgiveness

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

DATE

S M T W T F S

**Goal:** Become aware of unresolved hurts and reflect on how they might be impacting your body and mind.

## Week 1

Day 6&7 Prompt: "Be intentional with forgiveness"

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THINK THROUGH THE STEPS THAT WILL ALLOW YOU TO FORGIVE



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**Reflection:** Reflect on your week's insights and set intentions for next week, such as being open to exploring forgiveness further

How deeply can you forgive?

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

DATE

S M T W T F S

Goal: Develop empathy and begin seeing situations from different perspectives.

## Week 2

Day 1 Prompt: "What could have motivated the actions of those who hurt me?"

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THINK THROUGH THE STEPS THAT WILL ALLOW YOU TO FORGIVE



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**Exercise:** List possible factors (upbringing, stress, personal struggles). Try to view their actions with empathy, even if you don't agree with or condone them

How deeply can you forgive?

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

DATE

S M T W T F S

Goal: Develop empathy and begin seeing situations from different perspectives.

## Week 2

Day 2 Prompt: "Can I recall times when I may have hurt others, even unintentionally?"

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SHOULD YOU BE FORGIVEN FOR THE HURT YOU MAY HAVE CAUSED OTHERS?



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**Exercise:** List possible factors (upbringing, stress, personal struggles). Try to view their actions with empathy, even if you don't agree with or condone them

How deeply can you forgive?

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

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S M T W T F S

Goal: Develop empathy and begin seeing situations from different perspectives.

## Week 2

Day 3 Prompt: "What role has my pride or desire for justice played in holding onto this hurt?"

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WHY SHOULD OTHERS FORGIVE YOU FOR THE HURT YOU MAY HAVE CAUSED THEM WHETHER YOU KNEW IT OR NOT?



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**Reflection:** Consider how pride or anger might be influencing your forgiveness journey

How deeply can you forgive?

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

DATE

S M T W T F S

Goal: Develop empathy and begin seeing situations from different perspectives.

## Week 2

Day 4 Prompt: "How does holding on to resentment or grudges affect my energy levels, sleep, and overall health?"

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HAS HOLDING ON TO ANGER AND RESENTMENT CAUSED YOU TO BEHAVE IN WAYS THAT WOULD NOT OTHERWISE HAVE BEEN YOU?



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**Exercise:** Write about any noticeable patterns between these emotions and your physical well-being

How deeply can you forgive?

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

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S M T W T F S

Goal: Develop empathy and begin seeing situations from different perspectives.

## Week 2

Day 5 Prompt: "How important is your health to you?"

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DO YOU BELIEVE YOUR HEALTH CAN CHANGE IF ANGER AND RESENTMENT ARE RELEASED?



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**Exercise:** Spend 5-10 minutes in prayer and meditation asking God to release anger and resentment like a weight.

How deeply can you forgive?

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

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S M T W T F S

Goal: Develop empathy and begin seeing situations from different perspectives.

## Week 2

Day 6&7 Prompt: "Imagine what it will feel like to be lighter without anger and resentment"

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YOUR HEALTH MUST BE INTENTIONAL



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**Reflection:** Reflect on your progress and set intentions for next week. Notice any changes in how you feel physically or emotionally

How deeply can you forgive?

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

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S M T W T F S

Goal: Actively engage in forgiving by releasing control and finding peace within

## Week 3

Day 1 Prompt: "What does forgiveness look like for me?"

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YOUR HEALTH MUST BE INTENTIONAL



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**Exercise:** Describe your own concept of forgiveness and how you can embrace it.

How deeply can you forgive?

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

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S M T W T F S

Goal: Actively engage in forgiving by releasing control and finding peace within

## Week 3

Day 2 Prompt: "What steps am I willing to take toward forgiving this person, persons or event?"

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FORGIVENESS IS NOT FOR THEM. FORGIVENESS IS FOR YOU.  
NAME 3 WAYS IT WILL HELP YOU.



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**Exercise:** Write down any small actions you can take, such as speaking to a friend, praying or mentally acknowledging forgiveness.

How deeply can you forgive?

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

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S M T W T F S

Goal: Actively engage in forgiving by releasing control and finding peace within

## Week 3

Day 3 Prompt: "Put a stack of 3 books on each shoulder and walk with them while you hold them in place. How difficult are they to carry?"

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NAME 3 THINGS THAT WERE DIFFICULT ABOUT CARRYING THE BOOKS ON YOUR SHOULDERS.



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**Visualize:** Picture yourself letting go of hurt, as if lifting a weight from your heart. Imagine the freedom and health benefits this may bring.

The books are a great representation of your emotional weight.

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

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S M T W T F S

Goal: Actively engage in forgiving by releasing control and finding peace within

## Week 3

Day 4 Prompt: "What are some positive qualities or lessons I have learned from this experience?"

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NAME 3 WAYS THAT LIFTING THE HEAVINESS FROM YOUR SHOULDERS HAS CHANGED YOUR PERSPECTIVE



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**Reflection:** Identify any growth or resilience that came from the situation.

The books are a great representation of your emotional weight.

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

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Goal: Actively engage in forgiving by releasing control and finding peace within

## Week 3

Day 5 Prompt: "Knowing you are worth it is half the battle. Forgiving releases the heaviness and makes room for joy?"

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NAME 3 WAYS YOU CAN RELEASE THE HEAVINESS



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**Reflection:** Close your eyes and repeat out loud "I choose to forgive".

Put your hand on your chest and say I am forgiving you. I am a forgiver

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

DATE

S M T W T F S

Goal: Actively engage in forgiving by releasing control and finding peace within

## Week 3

Day 6&7 Prompt: "Think of ways to reward yourself for each person or events that you allow yourself to forgive"

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NAME 3 WAYS YOU CAN RELEASE THE HEAVINESS



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**Reflection:** Reward yourself for your efforts with self-care. Reflect on any feelings of peace or ease that may have surfaced".

"I am a forgiver"

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

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S M T W T F S

Goal: Find closure and move forward with a forgiving, peaceful mindset.

## Week 4

Day 1 Prompt: "What are the benefits I've experienced since beginning this forgiveness journey?"

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PRIORITIZE YOUR BENEFITS THAT COINCIDE WITH YOUR RELEASE OF ANGER



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**Reflection:** Note any physical or emotional changes you've observed over the last few weeks.

"I am a forgiver"

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

DATE

S M T W T F S

Goal: Find closure and move forward with a forgiving, peaceful mindset.

## Week 4

Day 2 Prompt: "Is there anything I need to forgive myself for?"

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NAME 3 WAYS TO FORGIVE YOURSELF



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**Exercise:** Reflect on self-forgiveness, writing down anything you may still hold against yourself.

I forgive myself

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

DATE

S M T W T F S

Goal: Find closure and move forward with a forgiving, peaceful mindset.

## Week 4

Day 3 Prompt: "How can I continue to practice forgiveness daily to support my health?"

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NAME 3 WAYS TO FORGIVE YOURSELF



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**Reflection:** Create a plan for incorporating forgiveness into your life regularly, such as through recognition, prayer and journaling.

I forgive myself

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

DATE

S M T W T F S

Goal: Find closure and move forward with a forgiving, peaceful mindset.

## Week 4

Day 4 Prompt: "How do I feel about the person or event now compared to before?"

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HOW CAN YOU SHIFT YOUR PERSPECTIVE



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**Reflection:** Note any shifts in your perspective and acknowledge your progress.

I forgive myself

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

DATE

S M T W T F S

Goal: Find closure and move forward with a forgiving, peaceful mindset.

## Week 4

Day 5 Prompt: "How can peace in your life from release of forgiveness change your life?"

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HOW CAN YOU SHIFT YOUR PERSPECTIVE



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**Reflection:** Think about a peaceful, healed version of yourself. Imagine this version is free from resentment and moving forward.

I forgive myself

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

DATE

S M T W T F S

Goal: Find closure and move forward with a forgiving, peaceful mindset.

## Week 4

**Day 6 Prompt:** "Write a list of things or people you're grateful for, focusing on the positive aspects of your life and relationships?"

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IMAGINE 3 WAYS YOUR RELATIONSHIPS WILL CHANGE WITH THIS NEW FOUND RELEASE OF EXCESS STRESS AND HEAVINESS



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**Reflection:** Think about a peaceful, healed version of yourself. Imagine this version is free from resentment and moving forward.

Forgiveness is healing

*Think deeply and forgive deeply*

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# FORGIVENESS JOURNAL

DATE

S M T W T F S

Goal: Find closure and move forward with a forgiving, peaceful mindset.

## Week 4

Day 7 Prompt: "It is time to celebrate your improvements in your life?"

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NAME 3 WAYS THAT YOU WILL CELEBRATE YOUR RELEASE



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**Final Reflection:** Reflect on your journey over the past month. Celebrate your growth and commitment to your health and well-being.

Healing my mind leads to healing my body

*Think deeply and forgive deeply*

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# CLOSING REFLECTIONS

As you reach the end of this journal, take a moment to acknowledge the courage and dedication it took to explore forgiveness. Forgiveness is a journey, not a destination, and each page you filled is a testament to your commitment to healing—emotionally, mentally, and physically. By choosing to release resentment, you are actively nurturing a healthier body, a clearer mind, and a lighter spirit.

Remember that forgiveness does not erase the past, but it does allow you to reclaim your present and empower your future. Letting go of anger and bitterness has opened the door to peace and balance, reducing the physical toll that stress takes on your body. As you continue forward, may you carry the insights, compassion, and growth you've gained from this experience. Embrace the strength you've developed, and know that each step toward forgiveness is a gift to yourself—a gift of freedom, resilience, and renewed health.

Thank you for taking this journey of forgiveness and healing.