

thank you



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ASKING FOR FORGIVENESS

Did I make a mistake?

What mistake did I make?

Did I lie, cheat, betray or in any other way wrong or withhold from someone somehow?

Did I dismiss or belittle someone, their wishes, feelings and ideas?

Did I take credit for something that was not my due? Did I act boastfully or brag, exaggerate and lie?

Why did I do this?

Was this an impulsive act – something that happened in the moment?

Was this premeditated?

What was my intention? Did I want to hurt somebody?

Did I want to punish myself or create drama in my life?

How long has this been going on?

Is this the first time this has happened?

Has it happened before?

Is there something that triggers this behavior in me?

Is there an activity I engage in that causes these situations?

Is there some long term pattern of repeated behavior at play here?

Is this an Upper Limit behavior for me?

What truth am I not facing?

Is there something I'm scared of losing or facing?

Is there someone I'm afraid of?

Have I crossed my own internal boundaries, ie. betrayed myself?

Have I betrayed someone else?

Is the guilt causing me to punish myself or others?

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ASK

Unpack, analyze & understand your actions

Is this really the person I am?
Am I better than this behavior?
Is this how I want to be known?
Does this fit with the picture of who I want to be?
Do I feel comfortable in my own skin?
Is my ego getting in the way somehow?
Who do I need to apologize to or make amends with?

I admit my mistake in it's entirety.

I acknowledge that I have done something wrong and need to take action to make up for it.

I acknowledge the need to sincerely apologize to those I have wronged for what I have done.

I apologize to those I have wronged and to those peripherally involved.

I acknowledge my mistake in its entirety, taking full responsibility for my actions and offering to make amends.

I forgive myself and ask my Higher Power for forgiveness.

I seek out any assistance I may need in order to apologize, make amends or achieve forgiveness as the victim, perpetrator or bystander.

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I make amends for what I have done wrong.

I carry out any actions agreed upon in my apology to any affected parties.

I make amends at the societal level where necessary.

I carry out any acts of repentance required by my faith.

I examine my behavior and patterns and make any changes that are required.

I seek out any help I require to make changes in my life.

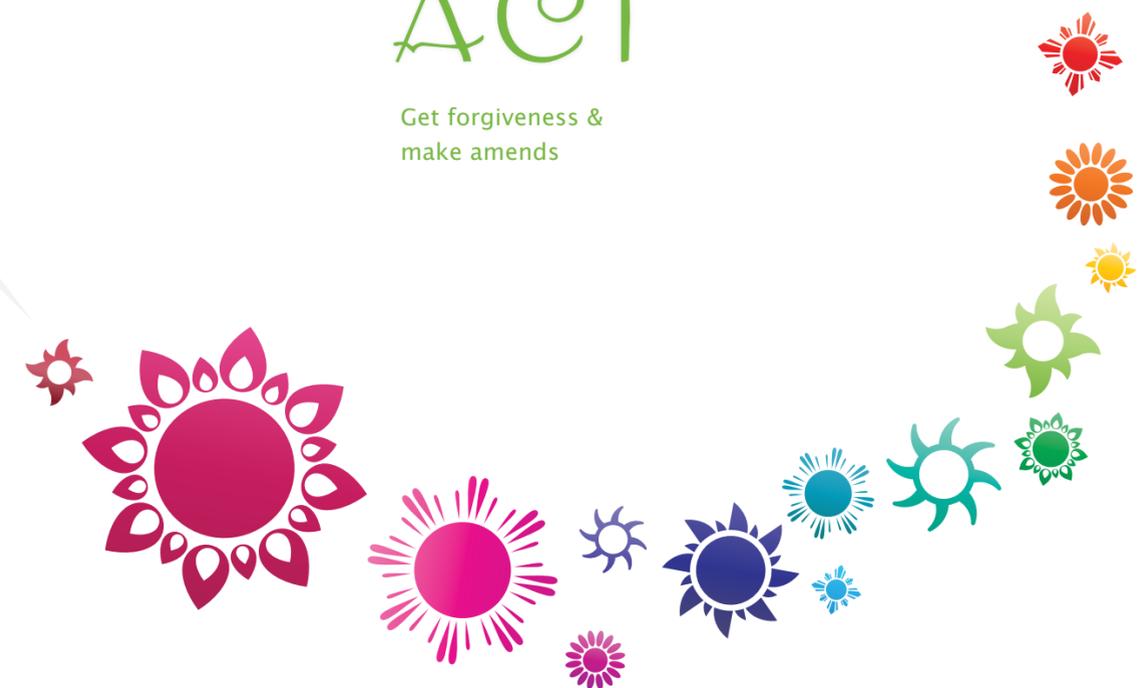
I resolve never to behave like this in future.

I forgive myself and live a better life in future.

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ACT

Get forgiveness & make amends



EXTENDING FORGIVENESS

Did someone wrong me somehow?

Was I lied to, cheated, betrayed or in any other way wronged, or was something withheld from me?

Did someone dismiss or belittle me, my wishes, feelings and ideas?

Did someone take credit for something that was my due?

Did they speak badly of me or lie about me? Did that cause me harm somehow?

Why do I feel so strongly about this?

Was this premeditated?

What was their intention?

Did they want to hurt somebody?

Did they want to punish someone else or themselves or create drama?

Is this a repeated behavior?

Does this remind me of something else?

What truth am I not facing?

Is there something I'm scared of losing or facing?

Have I crossed my own internal boundaries, ie. betrayed myself?

Am I jealous or envious of someone?

Does this relate to an incident that happened prior to this?

Am I using my lack of forgiveness to protect me from something?

Am I using my lack of forgiveness to limit myself somehow?

What does my lack of forgiveness give me?

Am I looking for a reason to be angry with this person?

Do I want to hold onto my anger?

Does being angry at this person somehow validate an idea or feeling that I have?

Am I really willing to hold lack of forgiveness against this person if I hold it against myself as well?

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ASK

Unpack, analyze & understand your actions

Is this really the person I am?

Am I better than this behavior?

Is this how I want to be known?

Does this fit with the picture of who I want to be?

Do I feel comfortable in my own skin?

Is my ego getting in the way somehow?

Who do I need to extend forgiveness to?

I decide how I want to approach the forgiveness exercises – on my own or in person.

I choose to speak directly to the person, carry out an exercise or write a letter.

I acknowledge the mistake and how I believe I was wronged in its entirety, free of judgment and without anger.

I extend my forgiveness by really meaning it and saying the words in my head or out loud.

I really intend to forgive and release this.

I extend forgiveness to everyone I believe was peripherally involved in this situation.

I ask forgiveness of everyone involved in the situation for any wrongs I may have caused them.

I forgive and release everyone involved.

I tell everyone I love them.

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I choose to forgive myself.

I realize that a lack of forgiveness against others is merely held against myself and intend to release the situation and person.

I practice forgiveness exercises as often as I think about the event.

I ask that peace and forgiveness are chosen for me as often as I think about the situation.

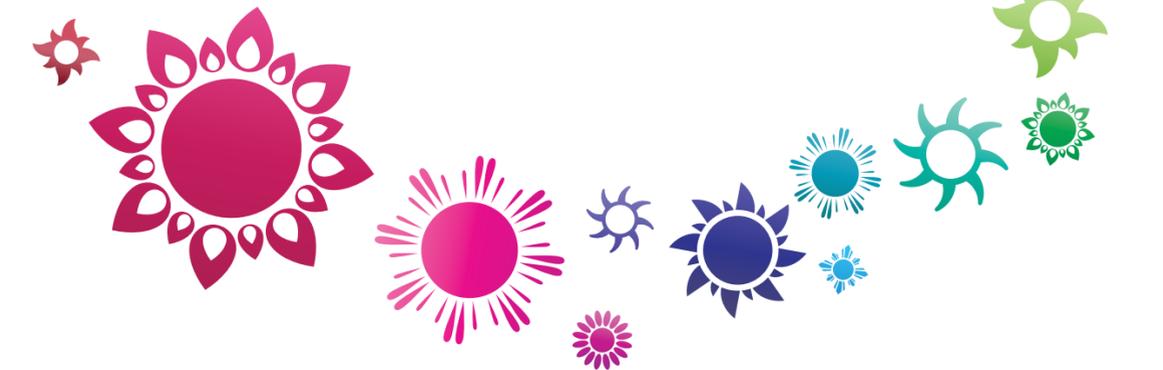
I allow myself time to process the emotions and acknowledge that this is just the ups and downs of processing.

I anticipate and enjoy the moment of forgiveness and release.

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ACT

Give forgiveness & achieve inner peace



categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

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- Affirmations
- Anchoring
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- Gratitude & Appreciation
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