

STEP 4 – FORGIVENESS

#1 – Use the spaces below labeled “injustice” to list some of the injustices you can identify that still may feel emotionally charged for you. If you feel you have already cleared these injustices, there is no need to re-address them. Use this assignment to discover any new or unaddressed injustices.

#2 Use the spaces labeled “Boundary crossed” under each of their corresponding “Injustices” to identify what boundary you felt was crossed.

#3 Use the spaces labeled “Soul Lesson” under each of their corresponding “Injustice, and Boundary crossed” to make the new commitment to self that you will not participate in these types of activities because they are out of integrity with your higher learning.

Note: The more of these injustices you can unearth and reframe, the easier the forgiveness will become.

Example:

Injustice – I was conditioned to believe I could not be a good person if I left the church.

Boundary Crossed – Causing people to believe something other than their own innate desire to be good is causing them to be good or making them believe their original self is of no value without the church.

Soul Lesson - I will not influence others to believe they cannot succeed by doing things differently than what I see is the right way. I will teach others to believe in their innate goodness, that they are good for goodness sake not because of something I have done for them.

Injustice: _____

Boundary Crossed: _____

Soul Lesson: _____

Injustice: _____

Boundary Crossed: _____

Soul Lesson: _____

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On a scale from 1-10, 1 being awful and 10 being excellent,
how easy does forgiving come for you? ____

If forgiveness is difficult for you, why do you think this is so?

Make a list of people or events that may or may not related to your church experience that you are ready or want to be ready to forgive.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

If any of these people or events seem too hard to forgive right now, why do you think that is? What do you feel it will take to forgive them? What is not forgiving them doing for you? For them? What would be different in your life if the emotional charge with these people or events were no longer affecting your life?

If you are ready and willing, bring these people and events to the live coaching call, to the private Facebook group or take them up with Wendi privately.