

Forgiveness Self-Assessment

from

Help and Healing for Divorced Christians

<https://www.lindamkurth.com/divorce-healing-blog>

As a first step, complete the following:

When I think of the hurt I've experienced, I feel emotionally ...

My body feels ...

The reason(s) I'm reluctant to forgive ...

Nevertheless, I know the benefits of forgiveness. I will try to forgive because ...

I've taken these steps toward forgiveness:

- I've asked God to help me forgive.
- I've forgiven myself. I no longer lie awake at night feeling guilty for my part in the breakup, or mad at myself for putting up with too much.
- I've also forgiven myself for taking back my forgiveness. I understand forgiving is a process. I'm continuing to work on it.
- I'm taking care of myself emotionally. I'm getting better at setting boundaries, not allowing my ex to hurt me.
- When anger at my ex begins to rise, I try imagining her (or him) as a vulnerable little child who has suffered physical pain of some sort, making it difficult for her (or him) to be emotionally whole. This softens my attitude toward her (or him).

- I've received help.
 - I've gone to counseling
 - I participate in a divorce recovery group
 - Other

- When I'm tempted to wallow in self-pity, I use a little humor to remind myself why I'm lucky to be free of my ex.

- I understand I have the power to forgive.

Describe how you will feel when you've truly forgiven your ex ... in your heart and in your body.

Celebrate the feeling of freedom you have, when you realize you've achieved forgiveness.

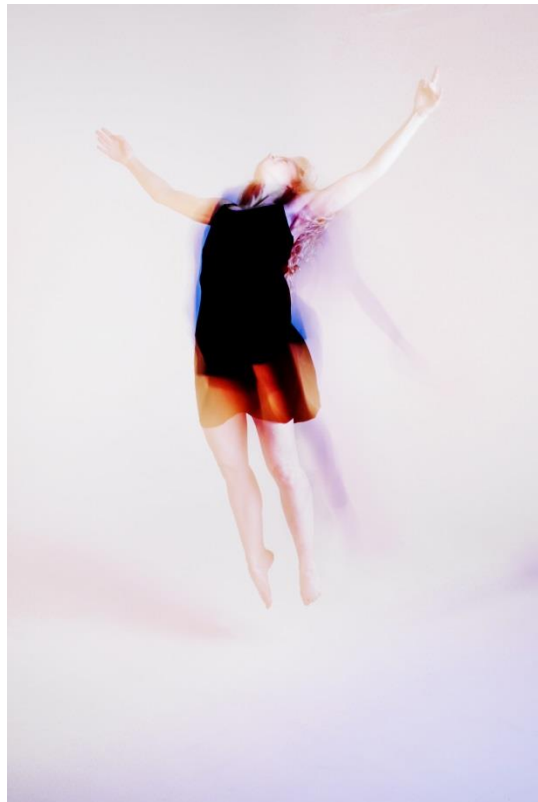


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