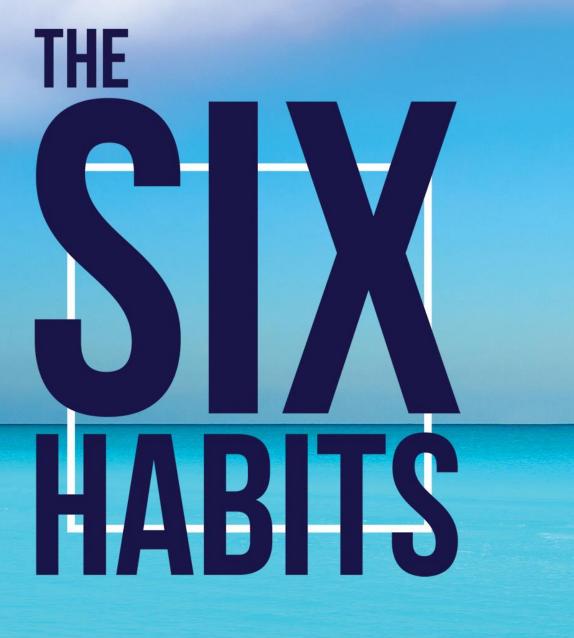
B O N U S M A T E R I A L



FORGIVENESS WORKBOOK



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BUILDING THE HABIT OF FORGIVING OTHERS

Person you can't forgive (yet):	How holding onto your anger is hurting you:	Why forgiving this person will make your life better:	"I choose to compassionately forgive this person because":	
Example: Dave	Every time I think of him, I get so angry! He makes my blood boil and I want to punch a wall!	Forgiving him will help me let go of the anger, I won't have my blood boiling, and I don't have to carry his BS with me anymore	Dave is who he is, and I choose to forgive him because I will release *my* suffering and be happier for it.	
Name:				
Name:				
Name:				

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Need help? Email me any time at <u>laura@lauradibenedetto.com</u> and tell me what's going on.

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