My Forgiveness Map

Name the hurt plainly, count what it costs you, and decide what forgiveness would and would not mean.

Name: _____ **Date:** _____

1 What happened

Write it as a fair witness would: facts, not a verdict on the whole person

Who, when, and what they did or did not do:

Why it was unfair or hurtful to me:

2 What holding on costs me now

Tick what applies. This is not a score.

- ☐ I replay it often
- ☐ I avoid places or people
- ☐ I trust others less
- ☐ It spills into other relationships
- ☐ It is hard to talk about it
- ☐ I feel angry or bitter when reminded
- ☐ It affects my sleep or focus
- ☐ I want them to suffer
- ☐ I feel stuck or weighed down
- ☐ Other:

3 What forgiveness is and is not, for me

Forgiving is one person letting go of resentment. It is not any of these:

- ☐ Saying it was okay (condoning)
- ☐ Forgetting it happened
- ☐ Giving up justice or a consequence
- ☐ Explaining it away (excusing)
- ☐ Going back to the relationship
- ☐ Giving up my safety or my boundaries

In my own words, forgiving would mean:

4 Safety first

If the harm is still happening, safety comes before forgiveness

- ☐ The hurt is in the past and has stopped
- ☐ I feel pressured by someone to forgive
- ☐ It is still happening, or could happen again
- ☐ I want to forgive for my own reasons

If it is still happening: who I will tell, or what step I will take to stay safe:

5 Where I am right now

Both kinds of forgiveness are allowed to take time

- ☐ Not ready yet, still naming the hurt
- ☐ I treat them fairly but still feel resentful
- ☐ I feel some empathy or compassion
- ☐ I have decided not to seek revenge
- ☐ The resentment is softening
- ☐ I do not want to forgive this, and that is my choice

What would help me take one step further, if I want to:

Who can support me (a friend, a therapist, a faith leader):

One kind thing I can do for myself while I work on this:

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My Forgiveness Plan

Forgiving is a process you can work through on paper. Reconciling is a separate decision.

Name: _____ **Date:** _____

1 Seeing the person more fully

Understanding is not excusing. Skip this box if it feels unsafe.

What was going on for them (stress, history, fear, their limits)?

What else is true about them besides this hurt?

Something I can feel toward them, even a little (pity, sadness, empathy):

2 A time I was forgiven

Remember being on the other side, and what it gave you

When I hurt someone and they forgave me:

What it gave me, and what I could pass on:

3 My decision, in my own words

Optional. Write it only if it is true. Keep it private if you like.

Today I choose to _____

4 Boundaries I keep

Forgiving and protecting yourself can happen at the same time

What I will and will not accept from now on:

Contact I want (none, limited, open), and why:

5 When the hurt comes back

Old anger returning is normal. It does not cancel what you decided.

What usually brings it back (a date, a place, seeing them):

What I will remind myself, or reread, when it does:

6 My 4 week check

How often it came up, how strong it felt, what helped

Week 1	Week 2	Week 3	Week 4
Came up:	Came up:	Came up:	Came up:
Strength:	Strength:	Strength:	Strength:
Helped:	Helped:	Helped:	Helped:

Good to know

1. Not a test or a diagnosis. This page is not a published forgiveness scale and gives no score.
2. You never have to forgive, reconcile or stay in contact to heal. Your safety comes first.
3. For abuse, trauma or a hurt that still dominates your days, work through this with a therapist.

In the US: call or text 988 in a mental health crisis.

I will review this plan on: _____

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