
Acceptance and Forgiveness Worksheet

Step 1: Identify the insult, injury, or violation that has occurred.

Step 2: Own the outcome. Admit that the illness or injury is permanent and is now yours to cope with.

Step 3: Determine accountability. You may find that no one can be held accountable.

Step 4: Balance the scales. Do something to rectify the problem if possible.

Step 5: Choose to forgive or release a grudge. Try empathizing with the responsible party.