

Letting Go, Finding Peace: Journal Prompts for Forgiveness

Use these prompts to help you unpack your story, explore what you're carrying, and reflect on your capacity to forgive - not for them, but for your own peace of mind.

What Hurt Me?

Write freely about what happened, what words were said, or what actions were taken that caused pain.

The moment that hurt me worst was:

I felt:

This still hurts because:

How Has This Affected My Life?

How has holding onto this pain affected the way you see yourself? Your relationships? Your mental health?

Holding onto this has made me feel:

Because of this, I've been avoiding:

This experience has made me struggle with:

"Forgiveness is the fragrance the violet sheds on the heel that has crushed it." ~ Mark Twain ~

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What Would Forgiveness Look Like For Me?

*Imagine what your life
might look like if you
forgave.*

If I fully forgave this person, I would feel:

Forgiveness would allow me to:

I would finally be able to:

What Am I Ready to Release?

*What pain or resentment
are you ready to stop
carrying? What do you
want to reclaim for
yourself?*

I no longer want to hold on to:

I'm ready to release:

Because I deserve to feel:

Examples:

*"I'm ready to
heal."*

*"I want peace more
than I want
revenge."*

*"I am no longer willing
to carry pain that isn't
mine."*

I Forgive Because . . .

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Letter of Release

This is your space to say the things you've been holding in. You never have to send this letter. The act of writing it is for you – to give your pain a voice, and to finally let it go.

Dear

You hurt me when

Because of that, I felt

I carried this pain by

What I wish you knew is

But I've decided to release

I'm choosing peace because

From now on,