Forgive for Good: A Proven Prescription for Health and Happiness
Frederic Luskin, Ph.D.

Introduction

Before beginning the book, please take a moment to think about what forgiveness means to you. How would you define forgiveness? What does it look like? What does it feel like? Write down your ideas.

Part One: Your Grievance Story

After reading the introduction, please think about a situation in your life that is painful or hurtful. Take a moment to write down the experience. Please include not only what happened but how it makes you feel (both emotionally and physically) and what you have done about the situation.
Chapter One: Renting Too Much Space to Disappointment

After reading Chapter One, think about the situation you just wrote about.

Do you think about this painful situation more than you think about the things in your life that are good?  Yes___ No___

When you think about this painful situation, do you become either physically uncomfortable or emotionally upset?  Yes___ No___

When you think about this situation, do you do so with the same old repetitive thoughts?  Yes___ No___

Do you find yourself telling the story about what happened over and over in your mind?  Yes___ No___

If you have answered yes to these questions, then you most likely have formed a grievance that can be healed.

Why do you think this situation hurts so much?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Chapter Two: Taking Things Too Personally

After reading Chapter Two, please think about your situation and try to find both the personal and impersonal aspect of your pain. Write down a few sentences for each which reflect your understanding of the difference.

The personal aspect of my situation:

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

The impersonal aspect of my situation:

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________
Chapter Three: The Blame Game

Think about your painful situation.

1. Pinpoint one person, group or event that hurt you and write it down:

2. Think about the hurt and the consequences it has had on your life. List three things that you think it has caused you to do or prevented you from doing because of the hurt you feel. List them here:
   a. __________________________________________________________
   b. __________________________________________________________
   c. __________________________________________________________

Write down your “blame hypothesis”: ________________________________

How does this hypothesis make you feel, both physically and emotionally?
Chapter Four: The Grievance Story

1. Have you told your story more than twice to the same person?  
   Yes  No

2. Do you replay the events that happened more than two  
   times in a day in your mind?  
   Yes  No

3. Do you find yourself speaking to the person who hurt you  
   even when they are not there?  
   Yes  No

4. Have you made a commitment to yourself to tell the story  
   without upset and then found yourself unexpectedly agitated?  
   Yes  No

5. Is the person who hurt you the central character of your story?  
   Yes  No

6. When you tell this story does it remind you of other painful  
   things that have happened to you?  
   Yes  No

7. Does your story focus primarily on your pain and what you  
   have lost?  
   Yes  No

8. In your story is there a villain?  
   Yes  No

9. Have you made a commitment to yourself to not tell your  
   story again and then broken your vow?  
   Yes  No

10. Do you look for other people with similar problems to  
    tell your story to?  
    Yes  No

11. Has your story stayed the same over time?  
    Yes  No

12. Have you checked the details of your story for accuracy?  
    Yes  No
If you answer yes to five or more of the first eleven questions and/or no to question 12 there is a good chance you are telling a grievance story.

Think about the story you tell about your painful situation. Before reading and learning more, can you list one or two positive consequences that came from the situation that are not part of your story right now? (eg: support you received from friends or family, a new skill learned, etc.)

Chapter Five: Rules, Rules, Rules

Think about your situation. In one or two sentences, write down what you wanted to happen:

Write down what happened instead:
Did you have control over what happened?  Yes  No

Write down your unenforceable rule regarding this situation:


Part Two: Forgiveness

Describe once again how you chose to react to your painful situation:


Chapter Six: To Forgive or Not to Forgive

Do you feel ready to learn how to forgive?  Yes  No

Did you satisfy the three preconditions?

1. Describe how you feel: ____________________________________________
2. Name the unacceptable action: ________________________________

3. Did you tell a handful of trusted people?  Yes  No
List three benefits to forgiving:
   1. ________________________________

   2. ________________________________

   3. ________________________________

Describe the difference between forgiveness and reconciliation:


Do you now have a new definition of forgiveness different from the one you described at the beginning of this workbook? If so, please write it here:
Chapter Seven: The Science of Forgiveness

Please describe some of the benefits of forgiveness as proven by the research that’s been done on it:

Chapter Eight: Northern Ireland – The Ultimate Test

Any reflections on the Northern Ireland experience?
Part Three: Forgive for Good

Chapter Nine: Forgiveness Techniques for Healing

What do you think are the harmful effects on your life of the hurt/anger/lack of forgiveness you’re carrying around?

What are the three obstacles to forgiveness?

1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________

What is the main goal of forgiveness? ______________________________
What are the two components to taking responsibility for your life as described by Dr. Luskin?

1. __________________________________________________________

2. __________________________________________________________

By taking responsibility for how we feel, think and behave does that mean that what happened was our fault? Yes  No

Tuning Into Different Channels

List four things that you could find in your life on each of these channels:

Gratitude Channel:

1. __________________________________________________________

2. __________________________________________________________

3. __________________________________________________________

4. __________________________________________________________

Beauty Channel:

1. __________________________________________________________

2. __________________________________________________________

3. __________________________________________________________

4. __________________________________________________________

Forgiveness Channel:

1. __________________________________________________________

2. __________________________________________________________

3. __________________________________________________________
4. ____________________________________________

Love Channel:
1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________

List the three steps that help you refocus on the positive and prevent times of prolonged pain or upset:

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________

**PERT Technique**

What does PERT stand for? ____________________________________________
________________________________________

What is the purpose and benefit of PERT? _____________________________
________________________________________

What loving or beautiful image can you bring to mind when you practice PERT?

________________________________________

After practicing PERT when you've felt angry, what have you experienced?

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Positive Emotion Refocusing Technique (PERT)

Briefly write about a current Interpersonal Hurt Situation. Focus your attention on the ways you take personal offense and offer blame to the offender.

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

After P.E.R.T.

Emotionally Refocused Response: Notice if and how your grievance story has been amended.

________________________________________________________

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Chapter Ten: From Unenforceable Rules to Wishes and Hopes

Think about the situation that has you hurt or upset. Can you identify the unenforceable rule you have for this particular experience. Try to write it down:

____________________________________________________

____________________________________________________

How does that unenforceable rule make you feel? __________________________

____________________________________________________

Now try to rewrite that unenforceable rule to reflect a wish or a hope you had for your situation:

____________________________________________________

____________________________________________________

____________________________________________________
After thinking about your wish or hope, does this change the way you feel about the situation? If so, how?

Chapter Eleven: Your Positive Intention

Revisit the story you wrote about at the beginning of this workbook. Who is holding most of the power in your interpretation of the experience? Is this where you want to keep the power?

What is the purpose of finding your positive intention?

FINING YOUR POSITIVE INTENTION

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1. Close your eyes and bring your attention to your breath as it enters and leaves your belly

2. Take 3-5 slow and deep breaths

3. Bring your attention to the area around your heart while continuing to breathe into and out of your belly slowly and deeply

4. Reflect upon love or beauty or appreciation and fill your heart with a positive feeling

5. Ask yourself:

   **What is the strongest positive and loving language I can use to describe my goal for being in this hurtful situation in the first place?**

   OR:

   **What is the strongest positive and loving language I can use to describe my goal for healing from this hurtful situation?**

   Please retell your story from the perspective of your positive intention
THE H.E.A.L. METHOD

I HOPE- (Be personal, specific and positive)

I EDUCATE- I accept and understand: Release the personal into impersonal

I AFFIRM- (My positive intention)
My **LONG TERM COMMITMENT IS:**

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