

The Forgiveness Blueprint

Letting Go of the Pain We Carry



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Building Hope • Inspiring Solutions • Transforming Lives

Introduction

If your heart has been shattered and filled with hurt and anger, this mini course will give you the knowledge and understanding needed to stop holding onto thoughts of your painful past and live in the present. It will help you learn the value in letting go of unforgiving thoughts that become obstacles to you experiencing the peace, joy and love you deserve.

Best regards,

Dr. Monica Simon

The Pain of Unforgiveness

When we experience a painful act committed against us, forgiveness is often not the first thing on our minds. As a result, long after the incident has happened it still affects our life. The unresolved emotions and anger that we carry impacts our relationship with ourself and others.

Forgiveness is for you not the other person. It releases us by allowing us to identify what we are holding onto and the patterns or thoughts that keep us anchored to the past.

YOUR UNSPOKEN HURTS

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I Can't vs I Won't

Forgiveness is an active process that you must be willing to do. But we become stuck by telling ourselves we can't let go. We refuse to let go because we feel that holding on will get us what we want. We start to believe that forgiving means we are weak or we are in agreement with what happened. So we hold on tighter and build grievances towards this person because they owe us. Only after we feel that the other person has hurt or suffered long enough will we consider forgiveness.

WHY WON'T YOU FORGIVE?

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When you attempt to keep someone in the prison of your unforgiving mind, you as the jailer must remain in that same prison to guard from escape.

Forgiveness changes the story

Forgiveness can change everything. It doesn't erase what happened, instead you change your perspective on how it will impact your life.

You change the narrative and no longer view yourself as a victim, deciding not to allow negative emotions to consume you.

"Each of us can find a way to transform a painful past into a hopeful future."

Desmond Tutu

HOW WILL YOUR STORY CHANGE?

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Forgiveness is Freedom



Forgiveness is a journey, an undoing process. It is the end of holding on to thoughts of resentment about a past that you can not change. You finally realize that unforgiveness and holding a person responsible for emotional peace isn't serving you. By letting go of the anger, and guilt towards yourself or others, you are now free to move forward in your life.

"You can't forgive without loving. And I don't, mean sentimentality. I don't mean mush. I mean having enough courage to stand up and say, "I forgive. I'm finished with it."

Maya Angelou

Forgiveness Quiz

There are no right or wrong answers; simply respond as you see fit and see what you discover about yourself.

- | | Yes | No |
|--|--------------------------|--------------------------|
| 1. I think that person should feel the same pain I feel. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. It is tough for me to trust people and feel safe. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I get angry when thinking about what happened. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. I will never be kind to that person again. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. I tend to hold grudges for longer than 6 months. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. I avoid that person at all costs. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. I have forgiven my past mistakes. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. I often think the worst of people. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. I think about revenge more than peace. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. I can't forgive someone if they don't apologize or admit they were wrong | <input type="checkbox"/> | <input type="checkbox"/> |

What did you learn about yourself?

NEED MORE INSIGHT AND
SUPPORT?

Take the Forgiveness Masterclass!

Learning to forgive can be challenging, healing and transformative. While this blueprint presents you with the reasons you should forgive, if you are ready to do the work of forgiveness, a more comprehensive step by step course is available.

I have created a self-paced Forgiveness masterclass with 6 comprehensive modules of self-paced video lessons with additional worksheets to help you on your forgiveness journey.

WEBSITE:
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[Forgiveness Masterclass](#)