GarySiegel Therapy

Forgiveness Practice

Make a list of people you want to forgive. Include yourself if applicable. Number them easiest to hardest to forgive.
For each day insert the numbers of the people on your list that you have gotten to - Here is an example:

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Person #	1	1,2	1,2	1,2	1,2	1,2,3	1,2,3
Person #	1,2,3	1,2,3	1,2,3	1,2,3	1,2,3	1,2,3	1,2,3
Person #	1,2,3	1,2,3,4	1,2,3,4	1,2,3,4			

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Person #							
Person #							
Person #							
Person #							
Person #							
Person #							

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Person #							
Person #							
Person #							
Person #							
Person #							
Person #							

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Person #							
Person #							
Person #							
Person #							
Person #							
Person #							

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Person #							
Person #							
Person #							
Person #							
Person #							
Person #							