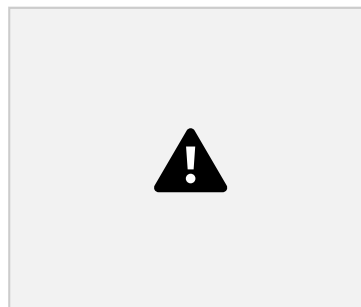


# Forgiveness Hook Worksheet

It is a painful hook, for you and for the other person too.

Wherever you will go this hook will follow you and so will the other person.

If you don't unhook the other person you will be unhappy for lifetime.



If you want to let go the hook let the other person go off first.

The person has hurt you and you are hurting yourself by not unhooking.

Unhook this and let yourself free.

Who has hurt you?

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How do you feel every time you think about it?

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If you forgive that person how will your feelings change?

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