

Journal Prompts for Forgiveness

1. Who (or what) am I still holding pain, resentment, or judgment toward—and how is it affecting me?
2. What emotions come up when I think about this situation, and have I allowed myself to fully feel them?
3. What was I hoping for that didn't happen—and can I grieve that without blaming?
4. If I could separate the person from the action, what compassion or understanding might become available?
5. What am I ready to stop carrying, and what would forgiveness (even in part) make possible for me?

6. Have I been withholding forgiveness from myself? If so, why—and what do I need to hear in order to begin softening?

7. What boundaries, truths, or lessons came from this experience—and how have I grown because of them?

8. What would it feel like to give myself permission to release this—not to forget or excuse, but to find peace?