

# Relationship Coaching *Solutions*

## **Forgiveness Affirmations**

Say each affirmation slowly as many times as feels comfortable. Change the wording as you see fit.

1. I forgive my mother
2. I forgive my father
3. I forgive my siblings
4. I forgive my grandparents
5. I forgive my aunts and uncles
6. I forgive my cousins
7. I forgive my children
8. I forgive my teachers
9. I forgive my classmates
10. I forgive my friends
11. I forgive my acquaintances
12. I forgive my enemies
13. I forgive my employers
14. I forgive my employees
15. I forgive my coworkers
16. I forgive my pastors
17. I forgive my church/synagogue/temple members
18. I forgive my counselors
19. I forgive myself
20. I forgive my God
21. I let go of resentment
22. I let go of hatred
23. I let go of burdens
24. I let go of loneliness
25. I let go of all pain