



Your 7 (Seven) Days Free  
forgiveness Journaling workbook



BY  
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FOUNDER (THE SUPPORT LOUNGE)



# Introduction

Hello,

I am happy that you are one of the recipients of this free **7 DAYS** Forgiveness workbook.

First of all, I would like to congratulate you. Yes, you deserve to be congratulated. It is a big decision after all to decide to thread along this path of embracing growth and forgiveness.

Forgiveness, is about facing the truth of suffering and the feeling of being wronged rather than hiding from it. It is having the grace to move beyond it. It is being disciplined, compassionate and strong.

Have you ever wondered why people rarely speak about forgiveness? People are more open to revenge and payback than genuinely forgiving. And of course, there is the all but popular phrase “Forgive but DON'T forget”, why do people assume that you mustn't let go even after forgiving. Let's talk, I mean really talk.

Do you think if you forgive but still hold on to the memory of the action that wronged you, then you have truly forgiven? On the other hand, if you do forgive and forget does it mean you condone their actions?

***“Forgiving does not erase the bitter past. A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future” ... Lewis B. Smedes***

Psychologists say that while defining what forgiveness is, it is equally important to discuss what forgiveness is not. Forgiveness is not weakness rather it is empowerment. As mature individuals (preteen, teenagers or adults), we attribute forgiveness as an admission of

vulnerability which is turn is viewed as an admission of weakness.

It is therefore important to explain here that this is FALSE. As Nelson Mandela rightly put it  
***“When a deep injury is done to us, we never heal until we forgive.”***

This my dear reader is a succinct explanation that forgiveness is actually for you and not the offender because it brings the forgiver peace of mind and frees him or her from corrosive anger.

**You deserve to grow**

**You are worthy of love and compassion**

**So, give yourself the permission to heal and grow**

With Love,

Aishah Adams  
FOUNDER AND CEO OF THE SUPPORT LOUNGE

# Short Story

I am excited that you have decided to follow through with your commitment to forgive.

I have to be honest with you, before creating this journal I had to personally embark on this journey. So, before you begin, let me tell you my story and journey towards forgiveness.

Contrary to most, my journey towards forgiveness was learning to forgive myself.

In my final year while most of my friends were preparing for graduation and getting ready for life after university, I was planning my first wedding.

I truly believed despite all my friends and parents' stern warnings that I had met my Mr Right. I met him at the mosque and so I convinced myself he was a decent man and would treat me well. Years later, I watched as my friends succeeded in their respective careers and built happy homes.

I had nothing to look forward to and was deeply unhappy in my marriage. My marriage ended abruptly one weekend while I went to visit my parents via a text.

I became a bitter and angry person, and lashed out at everyone around me. It took me a while to realise that the person I was truly mad at wasn't my ex-husband but MYSELF.

I had allowed my innocence be stolen by a man that didn't love, respect or appreciate me, I had let myself go and instead of empowering myself and pursue growth as I always dreamt of, I sat at home and watched him

“bring home the meat”.

## *Short Story*

Fuelled by passion to reclaim myself,

I went on a forgiveness journey and that led me to create this journal.

I recently shared it with a friend who confided in me on how she was struggling to forgive her colleagues indiscretion which almost got her fired and based on her feedback,

I have decided to share this journal with you because well I love you that much **\*\*winks\*\***

On a serious note, in order to get the most out of this process,

I would advise printing these pages out, and if printing is too much of a hassle then by all means get a pen and paper and write it all out.

So.... Shall we begin?

## Day 1

1. Ask yourself. What does Forgiveness mean to me? Please don't google it or give a generic answer. I want you to dig deep.

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2. Identify the person or people whom you want to forgive.

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3. List the reason(s) why you want to forgive and then form a sentence out of this.

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4. What benefit(s) would you get from forgiving this person(s)?

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5. Have Your Forgiveness Affirmations by taking stock of what you wrote above.

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Alternatively, you could use the affirmations below and replace the blank spaces with your name or name of the person who you are making efforts to forgive.

## FORGIVENESS AFFIRMATIONS

*I would love to forgive* \_\_\_\_\_

*I choose to release my feelings of resentment, anger, shame and bitterness*

*By releasing these negative emotions, I agree to let in the sun*

*Sunshine is often accompanied by love, compassion and peace and I chose to have this in my life*

*I commit myself to forgiving* \_\_\_\_\_

*and I accept all the good that comes with this decision*

Please read these affirmations to yourself at least 2-3 times a day as this would help reprogram your brain to assume the new behavior. **No, it's not cheesy.** I would enjoin you to trust in the process. You may find that after going through all the steps a few times that your feelings about wanting to forgive will become much stronger.

This is a good sign especially if it is because you are beginning to see all the benefits which will come to you (and those close to you) as you learn to forgive. However, don't fret if you don't feel like you have reached the point of absolute readiness to forgive, there are still **6Days** more.

It is also important to note that as part of the process of ridding yourself from old feelings, anger and resentments, it is also important to talk. This could be done with a trusted, unbiased and non-judgmental friend because let's face it, there are some friends that are just looking for sweet gist for their next kitchen table gossip while there are some that may simple fuel your anger and ridicule or belittle the process but there will always be those rare gems that will genuinely listen to you.

If you would rather speak with a certified therapist, at The support lounge, Aishah Adams is a certified life coach who has helped many people heal.

## Day 2

“It's the repetition of affirmations that leads to belief.

And once that belief becomes a deep conviction, things begin to happen”

... Muhammad Ali

Yes, Day 2 is similar to Day 1.

However, I expect that your answers may differ slightly.

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4. What benefit(s) would you get from forgiving this person(s)?

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*and I accept all the good that comes with this decision*

## Day 3

“Repetition ...The same action makes you feel something completely different by the end”

... Pina Baush

You guessed right again; these are the same questions. But once again dig deep, your responses will slightly differ from the previous days

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It is also important to note that as part of the process of ridding yourself from old feelings, anger and resentments, it is also important to talk.

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4. What benefit(s) would you get from forgiving this person(s)?

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## Day 4

***“We are what we repeatedly do. Excellence, then, is not an act, but a habit”***

***.... Will Durant***

I expect that by now it should have become a habit and you have eased into this process. As always, your responses should differ from the previous day's responses.

1. Ask yourself. What does Forgiveness mean to me? Please don't google it or give a generic answer. I want you to dig deep.

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2. Identify the person or people whom you want to forgive.

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## Day 5

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## Day 6

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## Day 7

Welcome to the Last Day. Congratulations, you made it thus far. Without a doubt your answers WILL differ from DAY 1, please answer the questions and then compare with the previous days.

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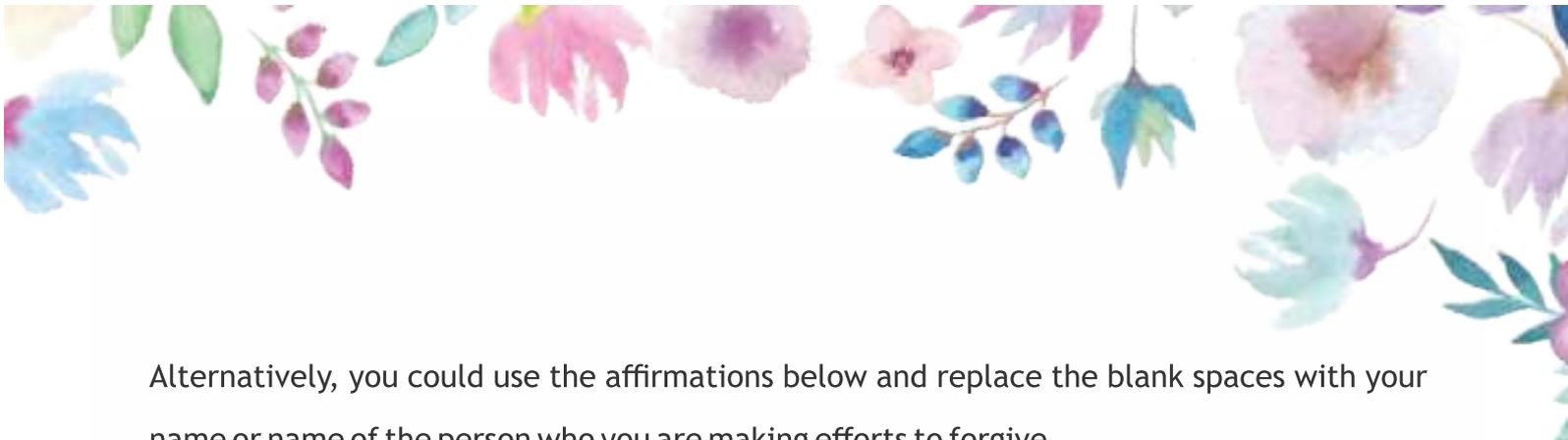
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*I commit myself to forgiving*\_\_\_\_\_

*and I accept all the good that comes with this decision* You know the drill, please read these affirmations to yourself at least 2-3 times a day as this would help reprogram your brain to assume the new behavior. **No, it's not cheesy.** I would enjoin you to trust in the process.

How do you feel after the **7DAYS?** Liberated and empowered, I hope. If you have ever wanted to live a healthier and more holistic life, embracing forgiveness would help you get started on that path.

Remember;

***“When you forgive, you in no way change the past but you sure do change the future”***

***.... Bernard Meltzer***

## FURTHER INFORMATION

I would love to hear about your 7DAY journey. Please send your thoughts to [enquiries@thesupportlounge.com](mailto:enquiries@thesupportlounge.com)

Also, if you found this beneficial which I hope you did and would love to have a journal to continually support you through your healing journey then head over to [www.thesupportlounge.com](http://www.thesupportlounge.com) to purchase **The 30 Days Forgiveness Journal**.

This includes daily quotes and exercises which help you stay focused and keep you on track in the forgiveness pathway. The e-version is also available for ease and accessibility.

For more information on our products and services, please send an email to us at [enquiries@thesupportlounge.com](mailto:enquiries@thesupportlounge.com)



