

Journaling Ideas for the Seven Steps

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Step 1: Gratitude and Acceptance

- 1) What are you thankful for regarding this relationship or situation?
- 2) What have you gained from the relationship or situation?
- 3) How has this person or circumstance been important in your life?

Step 2: Good Times

- 1) How did this person or situation bring joy to your life?
- 2) List the happy times you remember.

Step 3: Hopes and Dreams

- 1) How did you expect the other person to behave, or what outcome did you expect from the situation?
- 2) How do you wish you have behaved?
- 3) What did you most want from the other person or situation?
- 4) What remains unfulfilled regarding this person or situation?

Step 4: Disappointments and Difficulties

- 1) What are you angry, sad or resentful with his person or situation?
- 2) List specific incidents that caused you disappointment.
- 3) What was the greatest challenge you encountered?
- 4) What decisions, attitudes or beliefs do you now have because of these disappointments? How do they affect your life?

Step 5: Forgiveness

- 1) What is the hardest thing to forgive regarding this person or situation?
- 2) How will your lack of forgiveness affect your life in the future?
- 3) What is causing you not to forgive?
- 4) How will your life improve if you do forgive?

Step 6: Review and Release

- 1) List the positive events you can imagine happening for the other person.
- 2) Write how this difficult situation could be harmoniously resolved.
- 3) How will letting go change your life for the better? Outline positive changes you can anticipate.
- 4) Is there anything you are holding inside that you are afraid to address? If so, what is it?

Step 7: Completion

- 1) How do you see your circumstances differently now that you have uncovered information by means of this Seven Step process?
- 2) Do you feel inwardly resolved and ready to complete this process? If not, review and re-do whatever earlier step has come up.