

Flip Side Forgiveness Exercise

a companion to *Inspired by Miracles* by Dan Joseph

A Course in Miracles encourages us to forgive other people *and* ourselves. Because each of these activities supports the other, you can work from either direction.

Below is a simple exercise that allows you to begin a self-forgiveness process by forgiving someone else, or allows you to begin a forgiveness-of-others process by forgiving yourself.

“One of the Course’s central ideas about relationships is this: whatever we choose to *see* in other people, we will strengthen in ourselves.” - *Inspired by Miracles* ☞ See also ACIM Workbook lesson 134 for a similar exercise to the one on this worksheet.

If I am having trouble forgiving someone:

What did this person do? (Describe)

Have I ever done something similar? Or might I?

If so, would I like to be forgiven for my similar thoughts/actions?

If so, let me choose to release (with God’s help) my grievances against this person, so that I might simultaneously be released.

If I am having trouble forgiving myself:

What did I do? (Describe)

Has anyone else I know done something similar?

Does this person deserve to be condemned for his/her mistakes? Or does he/she deserve to be released?

If I can see this person’s innocence, let me choose to also release (with God’s help) my grievances against myself, knowing that we are freed together.