

# Reasons for Forgiveness

*For you, what would be the benefits of forgiving?*

Check the ones that mean the most to you:

- Less stress
- Less resentment
- Less anger
- Less depression
- Less worry
- Better sleep
- Lower blood pressure
- Decrease chronic pain
- Reduce muscle tension
- Improve gastro-intestinal health
- More energy
- Be able to remember things better
- Greater spiritual well-being
- Healthier and stronger relationship with mate
- Healthier and stronger relationships with family (specifically \_\_\_\_\_ )
- Healthier and stronger relationships with friend(s) (specifically \_\_\_\_\_ )
- Apply values that are important to me (specifically \_\_\_\_\_ )
- Less overspending and "shopping" therapy
- Reduce my procrastination
- Be more effective (so I can work less and play more)
- Lower risk of alcohol abuse
- Less eating of "comfort food"
- Feel better about myself
- Enjoy life more
- Increase levels of overall happiness
- Stop biting my nails or doing other nervous habits (specifically \_\_\_\_\_ )
- Other: please specify: \_\_\_\_\_
- Other: please specify: \_\_\_\_\_



Read over the checked benefits everyday to remind you why you want to forgive.