

# I FORGIVE EVERYONE IN MY PAST

## **I forgive everyone in my past.**

I am able to forgive everyone that has ever hurt me. I let go of negativity from previous experiences and set myself free from the prison of grudges, pain, and anger.

**I remove the bitterness from my heart and mind.** Holding onto this pain is unnecessary, unproductive, and keeps me a victim of my past. I choose to move forward into a life without it.

I eliminate the desire for revenge from my heart as I allow the universe and karma to handle things instead. I feel that it is important to let go and make peace. I reject past pain and anger. I get rid of the blame without residual sadness.

I notice the lightness I feel after letting go of the past and the people from it. **I am able to find joy again because I forgive.**

I forgive myself, too. I get rid of the constant reminders of previous mistakes and errors. I do what I can to make up for my mistakes, learn from them, and move on with a lighter heart.

## **I acknowledge my feelings and forgive.**

Today, I show forgiveness and move on from my past. I stop allowing the past to control me and my present. **I let go of it and the people who hurt me.** I get rid of the pain, sadness, anger, and resentment and replace it with new memories I can cherish.

## **Self-Reflection Questions:**

1. How can I forgive people without letting them hurt me again?
2. Where can I get more help to learn forgiveness?
3. What can I do to make it easier for me to forgive and move on?