



Letting Me Off the Hook

Maybe you did mess up. But you don't have to carry it forever. Let's find the forgiveness that doesn't make you soft—it makes you free.

Date: _____ Weather: _____ Attitude: A.M. _____ P.M. _____

1. What guilt or shame did I carry today? _____

2. What's the worst thing I've been saying to myself about it? _____

3. What would I never say out loud—but keep replaying internally? _____

4. Do I believe I have to suffer before I can be forgiven? _____

5. What am I afraid might happen if I stop blaming myself? _____

6. Have I ever given this kind of grace to someone else? _____

7. What would younger me say about how hard I've been on myself? _____

8. What does real accountability look like—for me, not just punishment? _____

9. What's one thing I can release today, even just a little? _____

10. What's the story I want to live from now that this one's done? _____
