

Forgiving What You Can't Forget

by Lysa TerKeurst

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

☐ ⁰¹ **Write the factual account**

Describe what happened without minimizing, exaggerating, or defending anyone.

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐ ⁰² **Name the loss**

Write what the event cost you emotionally, relationally, or spiritually.

MON TUE WED THU FRI SAT SUN

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐ ⁰³ **Separate forgiveness and access**

Define what forgiveness does and does not permit in this relationship.

MON TUE WED THU FRI SAT SUN

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐ ⁰⁴ **Choose one boundary**

State what changes if the harmful pattern repeats.

MON TUE WED THU FRI SAT SUN

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐ ⁰⁵ **Let anger identify a value**

Ask what value anger is protecting before reacting.

MON TUE WED THU FRI SAT SUN

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐ ⁰⁶ **Grieve without rushing**

Give five minutes to naming the sadness underneath the anger.

MON TUE WED THU FRI SAT SUN

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐ ⁰⁷ **Release one replay**

When the scene replays, redirect to the boundary or prayer you chose.

MON TUE WED THU FRI SAT SUN

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐ ⁰⁸ **Tell a safe witness**

Share the truthful version with someone who will not minimize it.

MON TUE WED THU FRI SAT SUN

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------