

Names List: Whom Do I Need to Forgive?

List the names of the people you need to forgive in the spaces below.
Check the box next to the person's name once s/he is forgiven and the negative soul ties are broken.

At the start of every session, you will be asked if any new people need to be added and forgiven.
Please draw a line between sessions and write the date next to it.

☐ 1. Me☐ 2. God☐ 3. Mom☐ 4. Dad☐ 5. _____☐ 6. _____☐ 7. _____☐ 8. _____☐ 9. _____☐ 10. _____☐ 11. _____☐ 12. _____☐ 13. _____☐ 14. _____☐ 15. _____☐ 16. _____☐ 17. _____☐ 18. _____☐ 19. _____☐ 20. _____☐ 21. _____☐ 22. _____☐ 23. _____☐ 24. _____

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