

Forgive Infidelity Worksheet for Couples

Let's consider some of the tasks necessary to make it reasonable and easier for you to forgive. Write your responses to the following thoughts and questions:

Please note: If your partner is still cheating or shows no remorse for what he or she has done, then forgiveness under these circumstances would be misplaced and likely harmful. If sadly this is your situation, you need to focus on protecting yourself, not on granting forgiveness. Thus, you should skip this exercise.

1. Describe briefly what is the event that caused you so much pain and that at this point you wish to forgive the offender, your partner, for his or her behavior.

2. What can the offender do to make it easier and more reasonable for you to forgive?

3. If you need to tell your partner what he or she can do to help you forgive, when will you do this?

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4. If you choose to hold on to your grudge and anger, what ways do you imagine you will suffer in the future?

5. If you choose to hold on to your grudge and anger, in what ways do you imagine your partner and your relationships will suffer in the future?

6. How would you be better off if you choose to forgive and you do so?

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7. Describe a time in your life when you have forgiven somebody for having wronged you.

8. In your above example, what did you do forgive?

9. Regarding the situation you're working on right now (the event(s) you described above), what do you need to do in order to forgive your partner for having hurt you?

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10. After you have succeeded in forgiving your partner, what will you notice about yourself that is different?

11. After you have forgiven your partner, how do you think you will feel differently than you do now?
