

# BeHappyforLife.net

## Practice Happiness...by Loving Others 10 Powerful Ways to Communicate & Experience Love

The purpose of this worksheet is to reinforce the principles of love taught in *Practice Happiness by Loving Others: 10 Powerful Ways to Communicate and Experience Love* ([BeHappyforLife.net](http://BeHappyforLife.net)). It is designed to help you deepen your understanding of love and improve the way you communicate love that will enhance your overall experience of love in your life.

This worksheet is divided into three sections: Section A is a review. You will be asked questions that correspond with Part Ten: *Love is Forgiving*. They will be in a question and answer format. Once you have finished, you can check your answers with the *Worksheets Answer Key* at [BeHappyforLife.net](http://BeHappyforLife.net). Section B is the journal of reflection. These questions are from the reflection section of *Love is Forgiving*. Here you will be provided with space to record your thoughts and answers. Section C closes with the empowering thought and affirmation that will reinforce the key principle of *Love is Forgiving*.

Allow yourself the necessary time to develop a thorough understanding of the material presented in each section. You might want to go through one section per week or however long it takes until you can incorporate the principles taught into your daily life. As you work through this material, you will find that you will be more conscious of the way love is communicated to you and by you. And you will also develop a greater understanding of how to be more effective in your demonstration and expression of love. This process will take time, but it is an experience that will forever improve your life and relationships.

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*Part Ten:*

*Love is Forgiving*

**Section A: Review**

1. What do we have to decide every time we are wronged?

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2. What do unresolved hurts continue to do when they are not forgiven?

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3. What does forgiveness set us free to do?

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4. When we forgive what does resentment give way to?

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5. What two things do not need to occur in order to forgive?

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6. Forgiveness does not \_\_\_\_\_ or make the other person \_\_\_\_\_.

7. Forgiveness is the ultimate expression of \_\_\_\_\_ .

8. Why will we always be in need of forgiveness?

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## Section B: Journal of Reflection

1. Why is forgiveness important to our love life?

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2. What do I do with the hurt when someone wrongs me? Do I retaliate? Nurse the hurt? Release it? Work through it?

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3. How often do I bring up past issues that were never resolved?

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4. What makes forgiving someone who wronged me most difficult?

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5. Did I ever want to be forgiven for something I said or did and wasn't? How did it affect me?

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6. Do I expect others to forgive me when I hurt them? Why or why not?

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