

## M13 "F" Words



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## M13 PAGE 326 - OBSTACLE ZONE - Forgiveness Project A.

1. List a situation you got yourself into that has made you resentful and angry?
2. Who do you need to forgive within that situation?
3. Are you willing to see it another way?

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## M13 PAGE 327 - OBSTACLE ZONE - Forgiveness

## **Project B.**

1. What fear could you conquer that would elicit feelings of freedom?
  2. How will that help you learn how to forgive?
  3. How could that experience support you in seeing the situation from forgiveness project A in another way?
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## **M13 PAGE 328 - OBSTACLE ZONE - Forgiveness Project C.**

1. You think if you forgive, it means: circle the one that feels relevant to how you feel now:

- You're giving someone a pass for wronging you.
- You're being a doormat.
- Giving up your grudge might help the other person hurt you again.
- You have to pretend what happened wasn't a big deal.
- Your emotions about the situation were unjustified.
- You have to force a false sense of peace on yourself.
- Being a victim. If this hadn't happened to me, I would be more successful.

2. Look at the circled ones. How does that belief help you? How does it hinder you?

*When we're reluctant to forgive, it's important to look at what we believe forgiving means about us. This always helps me see that if I believe the above ideas, I won't be able to find the motivation*

*or the power to forgive, I will just continue to suffer. To get movement on this, I need to decide what I want forgiveness to mean.*

3. Here are a few truths about forgiveness to incentivize you. . .Circle the one that makes you feel most free:

- Forgiving lets you better allocate your valuable time and energy.
- Forgiveness releases you from prison.
- Forgiving releases grudges, resentment, and sleepless nights.
- Forgiveness means you get to break the looping record in your mind
- about the situation.
- Forgiveness makes you healthier and happier.
- Forgiveness allows you to move forward.
- Forgiveness is done for you, not the other person or thing.

4. What do you want forgiveness to mean?

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## **M13 PAGE 330 - OBSTACLE ZONE - Forgiveness Project D.**

Answer these as it pertains to the person or situation you listed for the Forgiveness Project

Training A:

1. What is one way I could see this, that I haven't considered before?

2. What good came from this?

3. How am I stronger or more resourceful as a result of this experience?

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## **M13 PAGE 330-331 - OBSTACLE ZONE - Forgiveness Project E.**

Spin this, unless someone is a mass murdering sociopathic buffoon, they aren't without feeling. Humans muck up all the time, even with good intentions in mind. And if someone's commitment to being right prevents them from admitting they've hurt you, odds are, they still feel remorse on some level.

1. What do you need to remind yourself of when it comes to someone who's upset you?

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## **M13 PAGE 334 - OBSTACLE ZONE - Forgiveness Project F.**

1. Which mindset do you like the best?

2. How can you apply it?

3. Now create a few mindsets of your own to refer to.

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## **M13 PAGE 335 - OBSTACLE ZONE - Freedom Visualization.**

1. What movie character represents freedom to you? What is the most interesting thing about this character?

2. How does this character stay free?

Find a photo that represents freedom to you. Tape, paste or glue it into your journal.

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## **M13 PAGE 336-343 - OBSTACLE ZONE - The Method.**

**Move:** How did you Move?

**Think:** How did your thinking affect you?

**Smile:** How did focusing on having fun help you SMILE?

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## **M13 PAGE 334 - OBSTACLE ZONE - BadAss Progress Report.**

1. How do you feel about "F" Words?

2. What sentences or parts of this module, made you go AHA? How can you apply them to your life in a tangible way?

3. How are "F" Words making you BadAss? Get specific.

4. Get quiet and listen, what advice does your Master BadAss have for you this week?

5. List any questions you have from this module here. You can bring these questions into the online groups.

