

# thank you



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# IT TAKES THREE TO TANGO

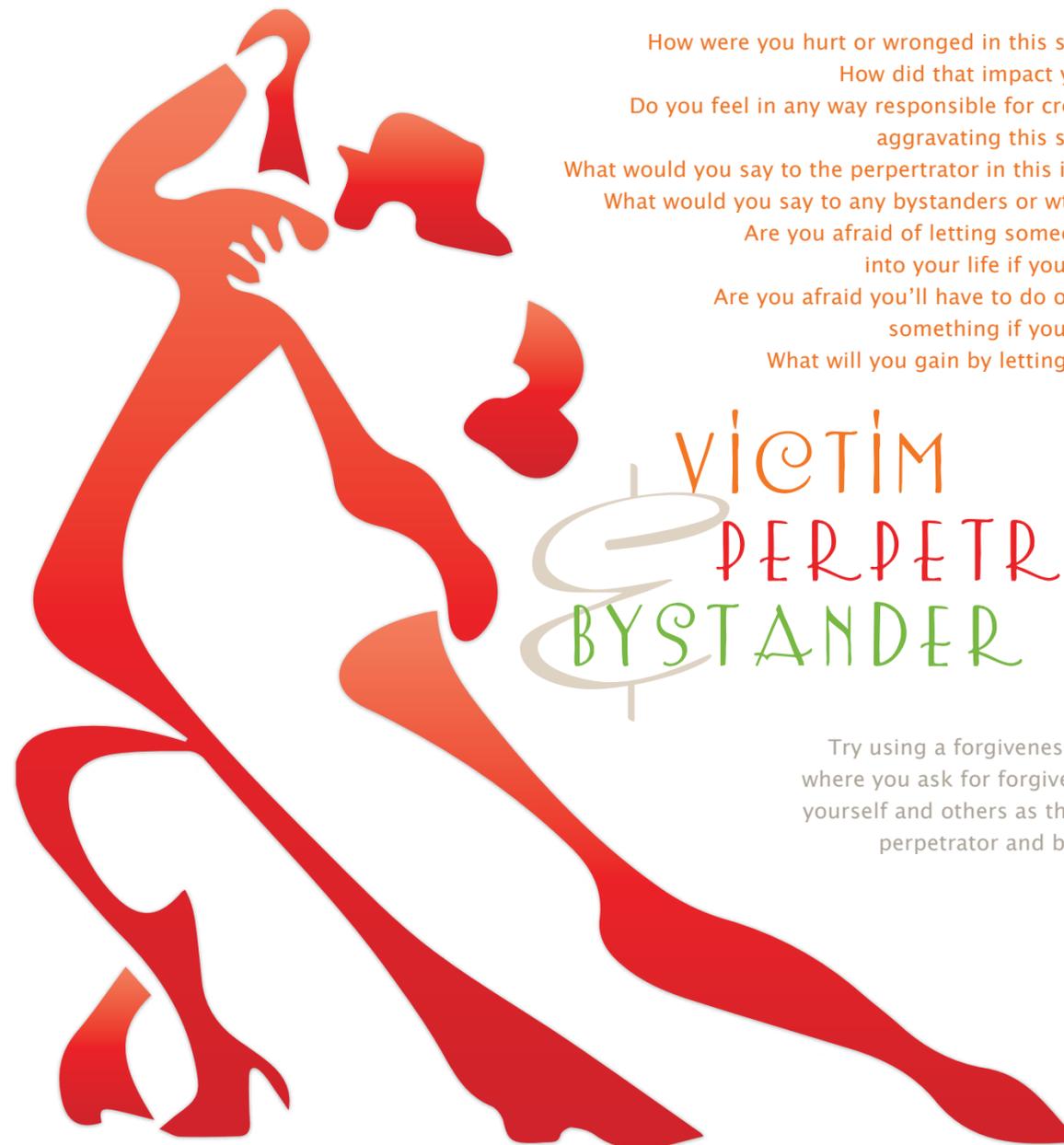
In any situation there are always three positions, positions A & B being the two parties or sides involved in the situation, and then position C, that of the bystander, witness or watcher.

When it comes to forgiveness, the need to forgive takes place for the victim, perpetrator and witness or bystander. If you've been working on a situation but still haven't found the release point, then this set of questions is designed to help you understand and analyze the situation in question from all three points of view, so that you can better understand how you've internalized the situation, and maybe find the lever that may give you forgiveness and peace.

1. Briefly describe the situation you would like to achieve forgiveness for.
2. How is your lack of forgiveness in this situation causing you difficulty?
3. How will your life be better once you've achieved forgiveness in this instance?
4. How could your life be worse if you don't find forgiveness in this instance?
5. With years and maturity behind you now, can you look back on the event or situation and consider that you misinterpreted the situation?
6. How would your life have been better if that situation had not happened?
7. How would your life have been worse if that situation had not happened?
8. What lessons did the experience teach you?
9. How have those lessons helped or harmed you?
10. Did the experience create any limiting beliefs that prevent you from participating fully? eg. A belief that everyone gets divorced may prevent you

from ever trusting a partner fully and completely.

11. Which people of value have you met as a result of this experience unfolding?
12. How would your life have been better or worse if you hadn't met those people?
13. If the trade off for the experience was the people met and lessons learned, could it have been worth it to go through?
14. How are you a better person for having had gone through this experience?
15. What do you add or bring to other people's lives as a result of going through this experience?
16. What positive characteristics have you developed as a result of this experience?
17. Can you feel pity or compassion for the younger you that went through this experience?
18. What words of advice or comfort do you have for that younger you?
19. Do you need to give comfort, compassion or an apology to anyone else in this situation?
20. In the ideal world, if you knew whatever you would say would be welcomed and wanted, what would you say to each of these people?
21. Do you have any regrets regarding this situation?
22. Is your regret valid?
23. Can you do anything about your regret or make amends in some way?
24. Do you feel you need to make amends at the societal level?
25. Do you feel you need to make amends with your Higher Power?
26. Who do you need to extend comfort to and ask forgiveness from?
27. Who do you need to extend forgiveness to?



- Victims**
- How were you hurt or wronged in this situation?
  - How did that impact your life?
  - Do you feel in any way responsible for creating or aggravating this situation?
  - What would you say to the perpetrator in this instance?
  - What would you say to any bystanders or witnesses?
  - Are you afraid of letting someone back into your life if you forgive?
  - Are you afraid you'll have to do or endure something if you forgive?
  - What will you gain by letting this go?

VICTIM  
PERPETRATOR  
BYSTANDER

Try using a forgiveness mantra where you ask for forgiveness for yourself and others as the victim, perpetrator and bystander

- Perptrator**
- Do you feel remorse for what you've done?
  - If you could go back and do it over, what would you do differently?
  - If you could go back and stop that younger you, what would you say to them?
  - If you could go back and help the victim, what would you do?
  - What do you want to say to the victim?
  - Is there anyone that could have or should have stopped you?
  - Are you hiding behind any excuses for what you did?
  - Are you afraid something could happen or might happen again if you are forgiven or forgive yourself?
  - Do you believe you deserve to be punished?
  - Do you need someone to help you achieve forgiveness?

- Bystander or Witness**
- What did you see that alerted you that there was a problem?
  - How did you react?
  - What could you have done differently?
  - What do you feel you should have done differently?
  - How would this situation have been different if you had acted differently?
  - Was someone hurt as a result of your inaction?
  - Has their life been permanently impacted by your inaction?
  - How does that make you feel about yourself as a person?
  - Do you feel you need to make amends?
  - Could you have stopped the perpetrator?
  - Did you do something that somehow caused the perpetrator to do this?
  - If you could go back in a time machine and intervene now, what would you do differently?
  - Do you need to ask for or extend forgiveness to anyone?

# categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

- Affirmations
- Anchoring
- Belief Systems
- BodyTalk Tapping
- Boundary Setting
- Building Trust
- Chakras
- Chinese Medicine
- EFT Tapping
- Eliminating Ego
- Energy Work
- Energetic Protection
- Fear & Anxiety
- Feeling Stuck
- Fighting & Arguments
- Focus & Motivation
- Forgiveness
- Gratitude & Appreciation
- Generating Joy
- Human Strategies
- Inner Voice
- Intuition
- Keeping Your Cool
- Manifestation
- Mental Exercises
- Physical Spaces
- Relationship Rehab
- Shifting Crises
- Shock & Trauma
- Meditations
- Mudras
- Writing Processes