

FORGIVING THE PAST AND MANIFESTING YOUR FUTURE



A Workbook by Soul Conekt

Introduction

I originally created this workbook for myself to help me as I began feeling stuck in some of my relationships in my family, friends and romantic relationships.

What happens is that sometimes we are unaware that we are repeating old patterns of behaviour, and unaware that we are doing them we keep repeating these patterns. This can take form and show up especially when we enter new relationships, with the expectation that these relationships are somehow different. However looking back there is a realisation that perhaps the person who was chosen had major similarities to the previous other people you were with.

This workbook is designed with four major aspects in mind. Healing family, healing friendships, healing relationships and then manifesting your ideal future partner. Each section lists questions, which you are recommended to answer in order to get the most out of it. If you are feeling stuck at a certain answer, this could indicate that more work needs to be done in this area.

Summaries of each of the sections are as followed:

Section 1 Healing Family Issues

Section 2 Healing Past Friendships

Section 3 Healing Past Relationships

Section 4 Manifesting the Ideal Partner

This book is designed to make you feel uncomfortable at times, to really think about your relationships and how they have affected you so you are able to break through them.

Each section includes questions, exercise, self-reflection and affirmations. I have also added an extra section for you to write a gratitude list, which you can print out and add to.

Please note that no part of this workbook must be replicated or used for any other means than for your own personal development.

I look forward to taking this journey with you.

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SECTION 1: HEALING FAMILY ISSUES

This first section is the most important, and probably the hardest first step you are about to take. In this chapter you will be analysing your relationships with family.

1. How would you define family?

2. What do “family values” mean to you?

3. Some examples of family values are: authentic, trustworthy, grateful and nurturing. Can you think of 4 more family values that mean something to you?
What do they mean to you?

4. Who is in your family?

This can be your father, mother, grandparents, siblings, relatives, children, spouse etc. List them all down here. Keep in mind you do not have to have a current relationship with them at this time.

5. Out of those people you have listed, who do you currently have a relationship with?

6. If you had an issue or a problem that you needed advice on from a family member, who would you go to?

7. Why is their advice important?

8. Out of the family you don't have a relationship with, is there anyone you would like to see, speak to or have a closer relationship with?

9. Is there a family member (or members) in your life who you are not talking to, or have cut out of your life (or have cut you out)?

10. Take a moment to reflect on the current situation with that family member.

11. What is the benefit is this situation to you?

12. If there is no benefit, please explain.

13. In what way is it not benefiting you both?

14. If you could change the situation, how would it look? This would be in an ideal world where the two of you are communicating.

15. Would you like to have a closer relationship with this family member?

16. Is there anything at this time you can think of that you can do to improve the relationship between the two of you?

Not all family situations can be healed through communicating with each other, but there are some things that you can do for yourself that can help you to heal within you.

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- SUGGESTED AFFIRMATIONS**
- 1. I am loved always*
 - 2. I am loved unconditionally*
 - 3. I love and accept my family for who they are*
-

“FORGIVENESS” EXERCISE

Anger and resentment block you. Where we don't have communication with family members and we struggle to heal from them because we are not able to tell them how we feel. This exercise below is the 'letter writing' exercise. Use the blank space to write a short letter to the family member, forgiving them and allowing you to heal. Whilst you may not be able to say it to their face, you can write to them.

An example could be where you haven't been able to forgive your sister for marrying your ex partner of 10 years. Write a letter stating that you now forgive her for what she did. Allow your heart to heal.

Who do you need to forgive in your family?

Dear

SELF REFLECTION

Congratulations on getting through the first section, and wow you have just moved some powerful stuff! You have now identified those family members and worked on the first part of forgiving in your life.

How are you feeling after doing this exercise? Reflect on how you are feeling at this moment. Have you felt any shifts?

Take a moment to list 3 things, any things that you are grateful for at this time:

****GRATITUDE LIST****

1.

2.

3.

SECTION 2: HEALING PAST FRIENDSHIPS

Someone once said to me that there is a big difference between friends, and friends. There are friends who you are close to, there are friends who you see from time to time, and then there are acquaintances. Unfortunately not all friends are good friends, and some of these either help, or their drain your energy. Let's have a look at your current friendships.

1. Looking at your life the way it is now, who are you currently spending most of your time and energy with? List their names and relation to you:

2. Is there anyone you are not spending time with, who you wish you could see or speak to more often?

3. If there was a problem you needed advice on, who is the first person you would go to? Why them?

4. Who else would you confide in? Why?

5. Is there a particular person who you feel drained after having a conversation with? You may notice this as a feeling of being 'emotionally tired' or 'exhausted' after speaking with them. Who are they and how do they make you feel? Describe the feelings below.

6. Granted that you can't just 'cut' people from your life when you already have a close friendship or relationship with them. If you could implement **one change** today to improve how you feel after speaking to, or being around this person – what would it be?

Example: Instead of talking every day to this person, I will cut it down to 3 times a week.

7. What is another change you could implement moving forward?

Example: When my friend starts talking about their problems, I will let them speak about their problem for 5 minutes before shifting the conversation to something not related to their problem.

8. Imagine that you have now implemented your first change with this person. Imagine how this conversation now looks.

9. Has the interaction changed?

10. What is different?

11. What is the same?

12. (Optional) If you have answered that things have shifted so much that you will no longer have a relationship, what does this look like? How are you feeling about not having a relationship with this person?

13. Benefit vs No Benefit

Looking over this friendship, how does this person improve or benefit your life?

14. (Optional) If you have answered that this person brings no benefit to your life, how do they bring no benefit?

"I FORGIVE YOU" EXERCISE

This exercise focuses on forgiving friends who may have hurt you.

You may forgive as many people as you want to, or just use it for the same person.

le: I forgive Ben for not being able to make my engagement party.

****I FORGIVE LIST****

1. I forgive

For

2. I forgive

For

3. I forgive

For

4. I forgive

For

5. I forgive

For

6. I forgive

For

7. I forgive

For

8. I forgive

For

9. I forgive

For

10. I forgive

For

SELF REFLECTION

Congratulations on getting through the second section, and wow you have just moved some powerful stuff! You have now identified those friends who are important in your life, and let go and forgiven those people that you need to.

How are you feeling after doing this exercise? Reflect on how you are feeling at this moment. Have you felt any shifts?

Take a moment to list 3 things, any things that you are grateful for at this time:

******GRATITUDE LIST******

1.

2.

3.

SECTION 3: HEALING EX PARTNERS

By now you should have worked through the questions in the previous section and identified situations in your family and close friendships. This next section works on your romantic relationships from the past and how they are affecting you. You may print out as many copies as you want of this page and use it for as many ex's as you feel are necessary. Healing from the past can be intense, and some of these questions may be confronting. When you are feeling as though you are having issues answering the question, take a minute to think about why you are having problems. This may mean that you have hit a block.

Part 1

Looking back at past relationships

1. Who is the ex partner/boyfriend/girlfriend that you are having trouble moving on from? List their name or nickname.

2. In no more than a paragraph, summarise the relationship you had with this person.

3. How long were you together?

4. Did you have any expectations of the relationship that weren't met?

5. How did the relationship end?

6. Did you receive closure when it ended, or did it end suddenly?

7. Looking back on the relationship, list one thing that you would have done differently?

8. Is there something that you wish they had done differently?

9. For this exercise take a few minutes to think about your past relationships, pick the last 2 or 3. If you have only had one relationship, then think about that one.

What have those relationships looked like? Has there been a reoccurring pattern of the type of person you fall for? Write below some of the patterns or similarities that come to mind. A few examples: I always seem to attract unavailable men; I tend to meet men at the pub who are drunk; The women that I attract act needy.

"I FORGIVE YOU" 15 DAY EXERCISE

This exercise focuses on forgiving someone you were in a relationship with. Each day for 15 days write 10 times "I forgive you (NAME)" example: "I forgive you Jane".

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

SELF REFLECTION

Congratulations you have just moved through some powerful baggage, and identified the past relationships and their effects.

Have you learnt anything about your past relationships that you would like to reflect on? Had any shifts?

Now take a moment to list 3 things, any things that you are grateful for at this time:

******GRATITUDE LIST******

1.

2.

3.

SECTION 4: MANIFESTING YOUR IDEAL PARTNER

Before you move on to this section, it may be a good idea to review what you have done in the previous sections. Look at how far you have come, how much you have worked through, how much you have let go of. Is there more work needed? Do you need to do some more letting go?

I have included in the appendices section the exercises that we have used for forgiving. Now the big stuff happens.

You are now ready to begin manifesting your ideal relationship.

Within this part of the workbook you can be as creative as possible. Even if your ideal mate seems out of reach it is important to stay positive and remember that while doing this exercise you are literally planting seeds. You are planting seeds as to how your ideal mate looks.

I have included some prompts along the way, some things for you to think about when you are manifesting your ideal partner and relationship. Especially in the parts where it asks for a yes or no answer, it is up to you whether you want to tick the boxes or not.

Take what you need to, and leave what doesn't fit.

1. DRAW YOUR RELATIONSHIP

In this exercise you will draw your current relationship and then your future relationship. An example may be that you draw yourself and your child together. If you are divorced and single with a cat you may want to draw yourself and your cat. Be creative. Add to it.

Current relationship

Future relationship

- In this next part you will begin to explore patterns in past relationships
- What you are looking for in a future relationship
- Manifesting your future relationship

Let's have a look at what you are looking for in a partner

1. What values are important for you in a relationship?

2. Considering your own values, what values are you looking for in your partner?

3. What colour hair and eyes do they have?

4. How tall are they?

5. Are they older, younger or same age as you?

6. Are they have of a specific ethnic background?

7. Do they own or rent a house?

8. Do they have children, or no children?

9. Do they drink, smoke, take drugs or live a clean lifestyle?

10. Do they have pets? If so what pets do they have?

11. Do they have any particular skills at home? Ie: cooking

12. Do they have a job? If so, what job would they do?

13. What is your idea of your ideal date?

14. What do they like to do for hobbies? Are they the same hobbies as yours?

15. How and where would you ideally like to meet this person?

16. What would be your expectations for this relationship, hypothetically? Long term? Short term? Casual Sex?

17. The question asks you to think about what you would be okay with, what you would or would not accept in a partner. This list is not exhaustive.

a. Indicate Y for accept, N for not accept

- They have been to jail
- They do drugs
- They have done drugs but no longer doing drugs
- They are a heavy drinker
- They are a light drinker
- They don't drink
- They don't want kids
- They want kids
- They maybe one day have kids
- They are significantly older or younger than you
- They have had lots of sexual partners
- They just want to have sex
- They don't want a relationship
- They are still married but want to separate
- They are separated
- They have never been married
- They are never getting married
- They live with their parents
- They have lost their license

- They want to rent for the rest of their lives
- They don't like pets
- They work nights
- They have credit card debt
- They have lots of friends of the opposite sex
- They are homeless
- They have no job
- They have a job that they hate
- They have no plans on having a job
- They have no plans for their future
- They have some idea about their future
- They dislike your hobbies
- They tolerate your hobbies
- They want to do everything you do
- They want to go everywhere with you
- They call you constantly
- They hate texting
- They dislike your music taste
- They tolerate your music taste

This list will get you thinking about what you would and would not like to have from your ideal partner.

“I MANIFEST YOU” EXERCISE

[Grab your reader’s attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

SELF REFLECTION

Reflect on how this exercise has made you feel, has it brought up anything, have you noticed any shifts? you are feeling at this moment.

Take a moment to list 3 things, any things that you are grateful for at this time:

*****GRATITUDE LIST*****

1.

2.

3.

My Gratitude List

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
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- _____