



## Redeem Your Tough Experiences

### Worksheet

#### The Experience

Briefly describe a tough experience you'd like to redeem, to see something good come from it.

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#### Life Lessons

What are some valuable life lessons you learned from that experience?

About yourself?

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About other people?

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About life or God or how the world works?

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### Develop Compassion

Who can you relate to and really feel for because they went through something similar? The experiences don't have to be identical, they just need to have something in common.

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If someone wronged you, do you know for a fact that the person was trying to hurt you? If you are willing to consider the possibility that those actions were not intended to harm you...

Is it possible the person could have hurt you on accident in a misguided attempt to get some want or need met? What might he or she have been trying to accomplish aside from hurting you?

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Might the person have done it because he or she was hurt as a child (or even as an adult) but hadn't worked through it yet? To be clear, the other person's having been wronged doesn't excuse the hurt imposed on you. These questions are an opportunity to develop compassion for the individual. Write your thoughts on what might have been behind the person's behavior.

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## Your Unique Positive Impact

Brainstorm some ideas of how someone who had your experience might use it to benefit other people.

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What lessons could be shared?

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How could someone be helped through the actual experience or helped afterwards?

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Put an asterisk (\*) next to the ideas above that you might get excited about doing to redeem your own experience, to use it for good. If you are ready, write some potential next steps to explore if you'd like to use your experience to benefit other people.

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## Support

At Simply Great Lives, we love showing people how to make their lives matter. If you'd like to continue the conversation about how you can use your tough experience for someone else's good, schedule a complimentary Discovery Session by calling (916) 783-2622 or go to <https://simplygreatlives.com/schedule-appointment/>.