The Forgiveness Audit

From Naming to Erasure (Al-Ghafūr, Al-Ghaffār, Al-ʿAfūw)

This is a clinical and spiritual inventory to help you move from moral clarity to real release. No self-judgment. Just truth, strategy, and a sincere turning back.

Step 1: The Justification Log (Days 11 and 12)

1) Identify the choice (one recurring behaviour or secret error that leaves you feeling heavy):

_____

_____

2) The story (the excuse you use to justify it):

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_____

Examples: "I only use these long gaming hours to de-stress." "I'm only critical because I want things to be right."

Step 2: Naming for Moral Clarity (Day 11)

Rewrite the choice without excuses (naming harm is not self-attack, it is moral clarity):

_____

_____

Step 3: The Pattern Strategy (Day 12)

Trigger (what usually leads to this choice):

_____

_____

One small behavioural experiment (a pause or shift to interrupt the cycle):

_____

_____

Step 4: The Erasure Readiness (Day 13)

☐ Accountability check: I have taken responsibility for the consequences (apology, correction, restitution, or a new plan).

Readiness scale (1–10): How ready am I to let this be blotted out completely?

_____

Intention (say it quietly): "Yā ʿAfūw, I have owned this and I have left it. Please erase it from my heart and my record."

Therapeutic note: Release comes after repair, not before. When you stop justifying and start owning, you gain the freedom to be truly clean.

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