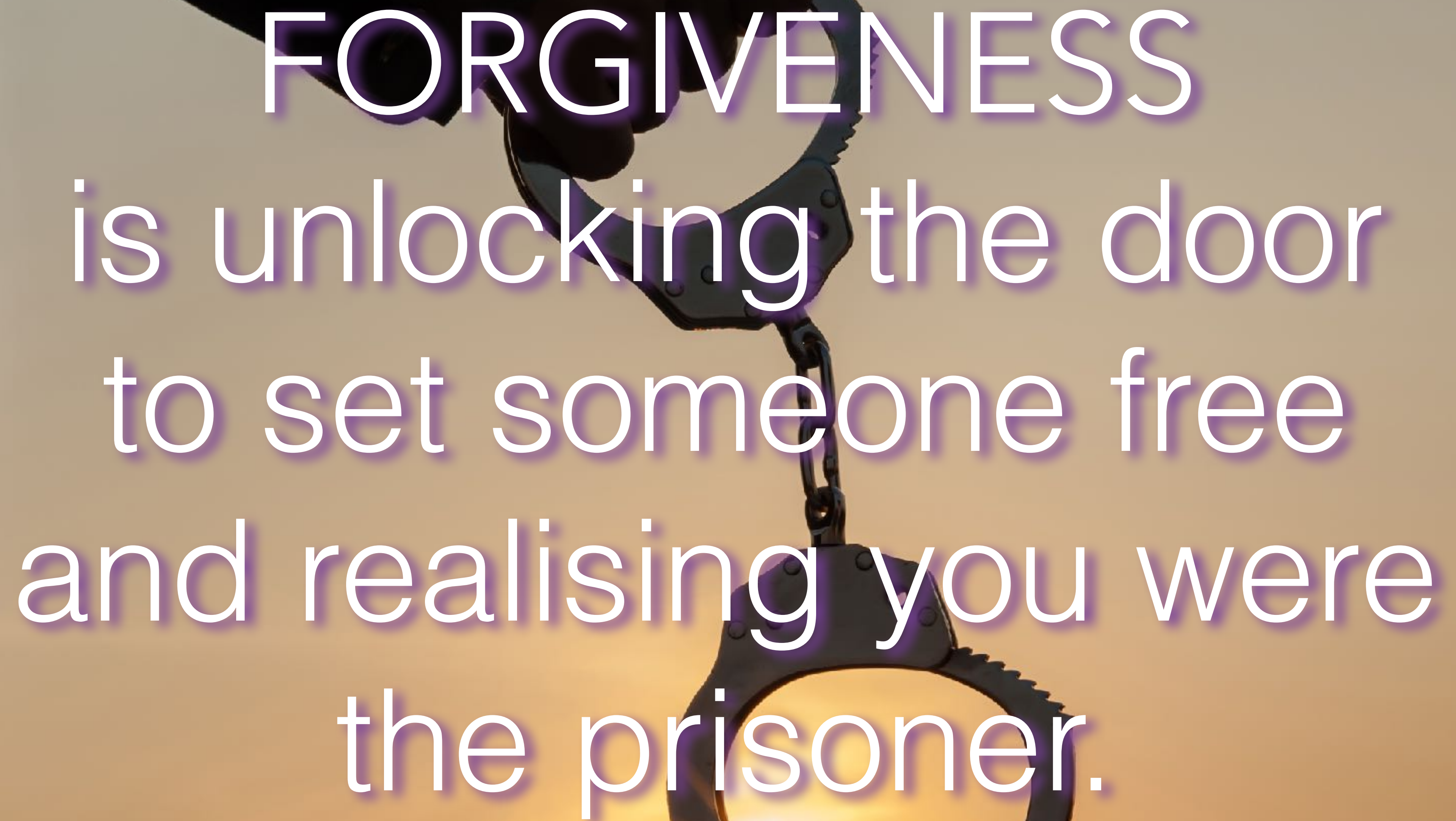


FORGIVENESS



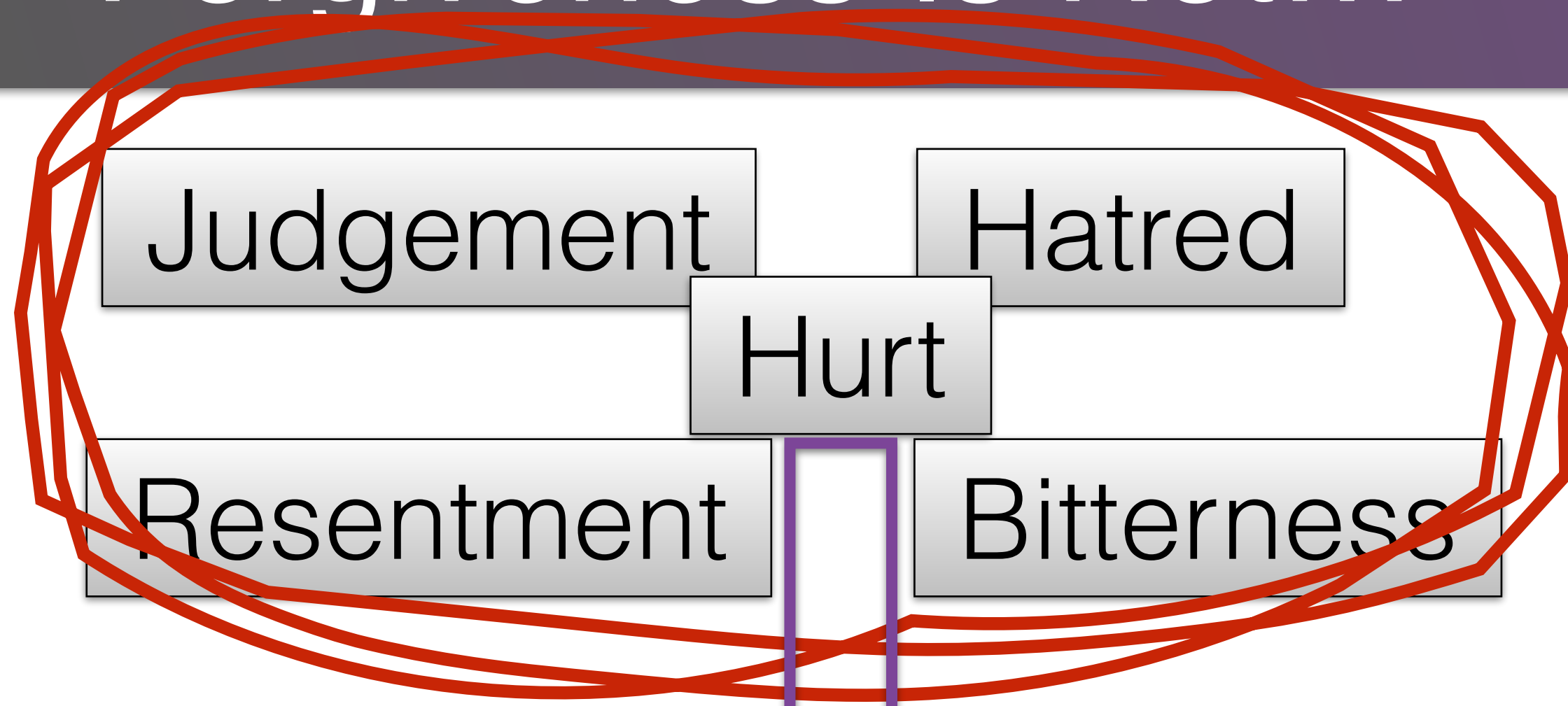
A hand is shown holding a pair of black metal handcuffs. The handcuffs are positioned vertically, with one cuff at the top and the other at the bottom. The background is a warm, golden sunset sky. The text is overlaid on the image in a white, sans-serif font with a slight glow.

FORGIVENESS
is unlocking the door
to set someone free
and realising you were
the prisoner.

Forgiveness Is Not...

- Condoning
- Excusing
- Reconciling
- Forgetting

Forgiveness Is Not...



Acceptance

Forgiveness

Reconciliation

Compassion

Healing

Mercy

Grace

Lack of forgiveness is like drinking poison in order to make the other person die.



8 Steps to Forgiveness

1 ACKNOWLEDGE YOUR EMOTIONS

You may feel hurt, sad, angry (outraged) embarrassed, abandoned, scared or a combination of them all.

These emotions may or may not be relevant to the triggering event but they are yours, they are true for you and they are most importantly the doorway to your own healing.



We are going off on a tangent here.

USING YOUR EMOTIONS TO HEAL

Write this one down:



Your emotions are REAL but they
are notoriously unreliable.

Point to where the emotion is happening....

8 Steps to Forgiveness

2 TRANSITION TO THE ACTION

Turn away from **who** hurt you to **what** hurt you.

Identify the **behaviour** or action rather than the **person**.



8 Steps to Forgiveness

3 CHOOSE TO FORGIVE

Use your rational mind to choose between forgiveness and continuing with bitterness and resentment.

Explain your reasoning for this choice to yourself.

Your reasons do not have to make sense to anyone else.



8 Steps to Forgiveness

4 WALK A MILE

Attempt to put yourself in the position of the “other side” and experience what they went through.

Consider their strengths, weaknesses and vulnerabilities.

Ask if you totally without sin yourself?

8 Steps to Forgiveness

5 MAKE THE BUCK STOP HERE

Commit to NOT passing on your pain and suffering.

Make the rational decision that will not carry this bitterness, resentment, judgement, hurt or pain any further because of the chance that you may inadvertently pass it on.



8 Steps to Forgiveness

6 MERCY

Decide to offer the world mercy and goodwill.

Will you reconcile?

It's totally not necessary



8 Steps to Forgiveness

7 REFLECT

What does it mean to you and your world to commit and let go of a grudge.

Find meaning in the suffering you experienced and overcame.



8 Steps to Forgiveness

8 THE PARADOX

Q. What did you give?

A. Pain, resentment, hurt, judgement... (poison)

Q. What did you get?

A. Peace, relief, grace, healing, strength...



A small green seedling with four leaves growing out of a crack in a concrete sidewalk. The background is a blurred concrete surface.

The weak can't forgive.
Forgiveness is an attribute of the strong.

I had to forgive a person
who wasn't even sorry.

That's when I found out
how **strong** I am.

Assignments

1	Who do you need to forgive?
2	Work your way through your forgiveness list!
3	Is it time to forgive yourself?