



Forgiveness process

- You feel offended, why? _____
- You blame someone or circumstance, who or what?

- What are you feeling?

- What are you thinking?

- Are your thoughts and feelings justified?

- Can you separate yourself from your emotions and observe the situation from a distance?
Y ___ N ___
- What do you think about how you are dealing with your feeling offended?

- Do you think you could improve your outlook of the situation?

- If so what may you try and understand about the situation?

- Why do you want to forgive?

- What do you want to forgive?

- What will you do to forgive?

- How will you feel when you forgive?

- Are you prepared for a resurgence of negative feelings as part of the forgiveness process?
