



FORGIVENESS

Forgiveness, in its simplest form, is when we have surrendered our seemingly “right” to hold what someone has done against them. It is “dropping the chargers” whether they are guilty or not.



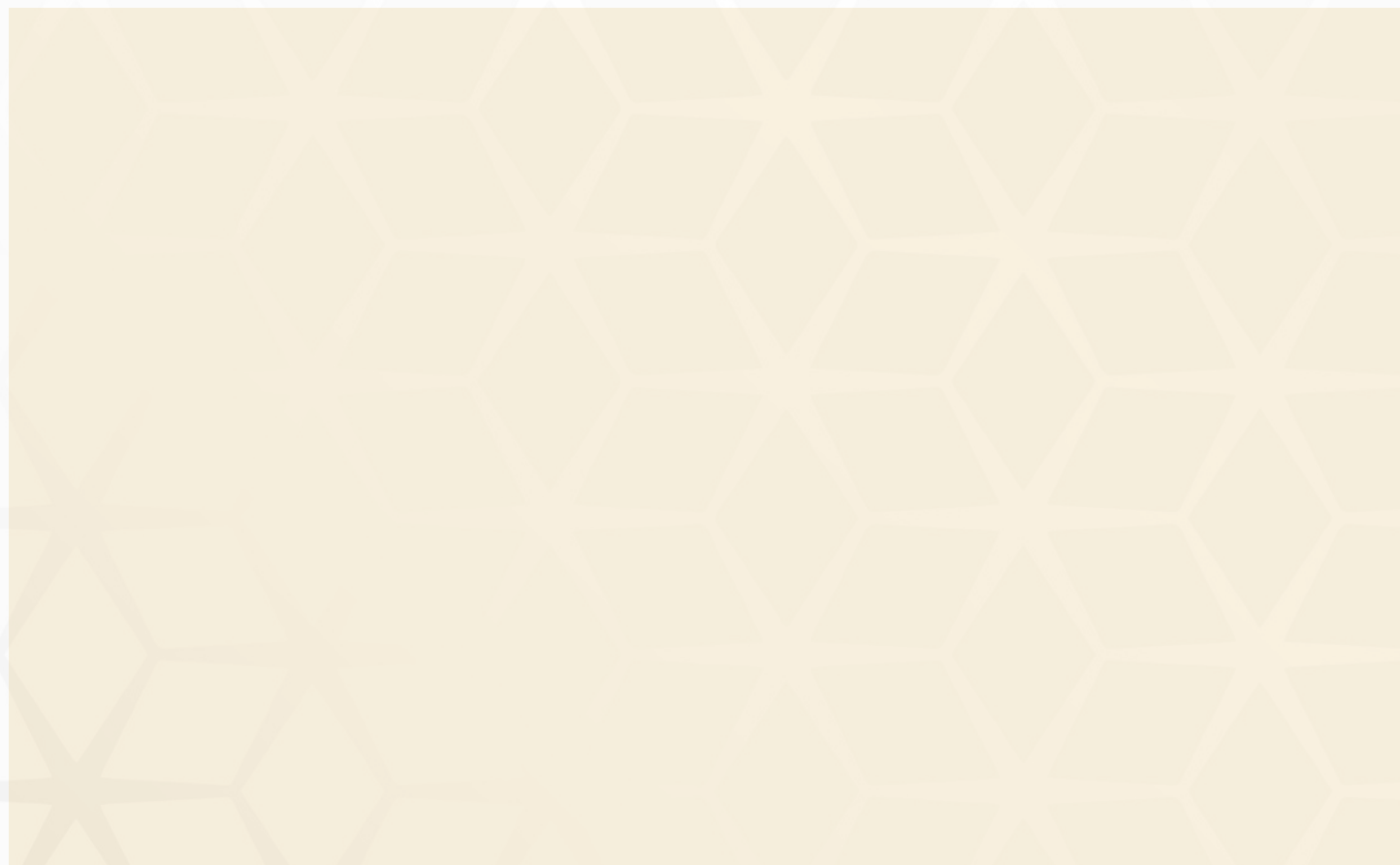
HAVE I PARTIALLY OR TOTALLY FORGIVEN THEM/MYSELF?

PARTIAL VS TOTAL FORGIVENESS (BY DR. CONWAY EDWARDS)

You know you have totally forgiven when:

1. You don't reveal or repeat their offense to others (i.e. gossiping).
2. You make peace with the fact that they may never reap what they sow.
3. You don't rewind their offense (i.e. remind them often) or replay your emotions (i.e. ruminate in your head about it).
4. You have the capacity and desire to express compassion and grace toward them.
5. It's easy for the story to be remembered differently and you've allowed God to deliver you from worry.

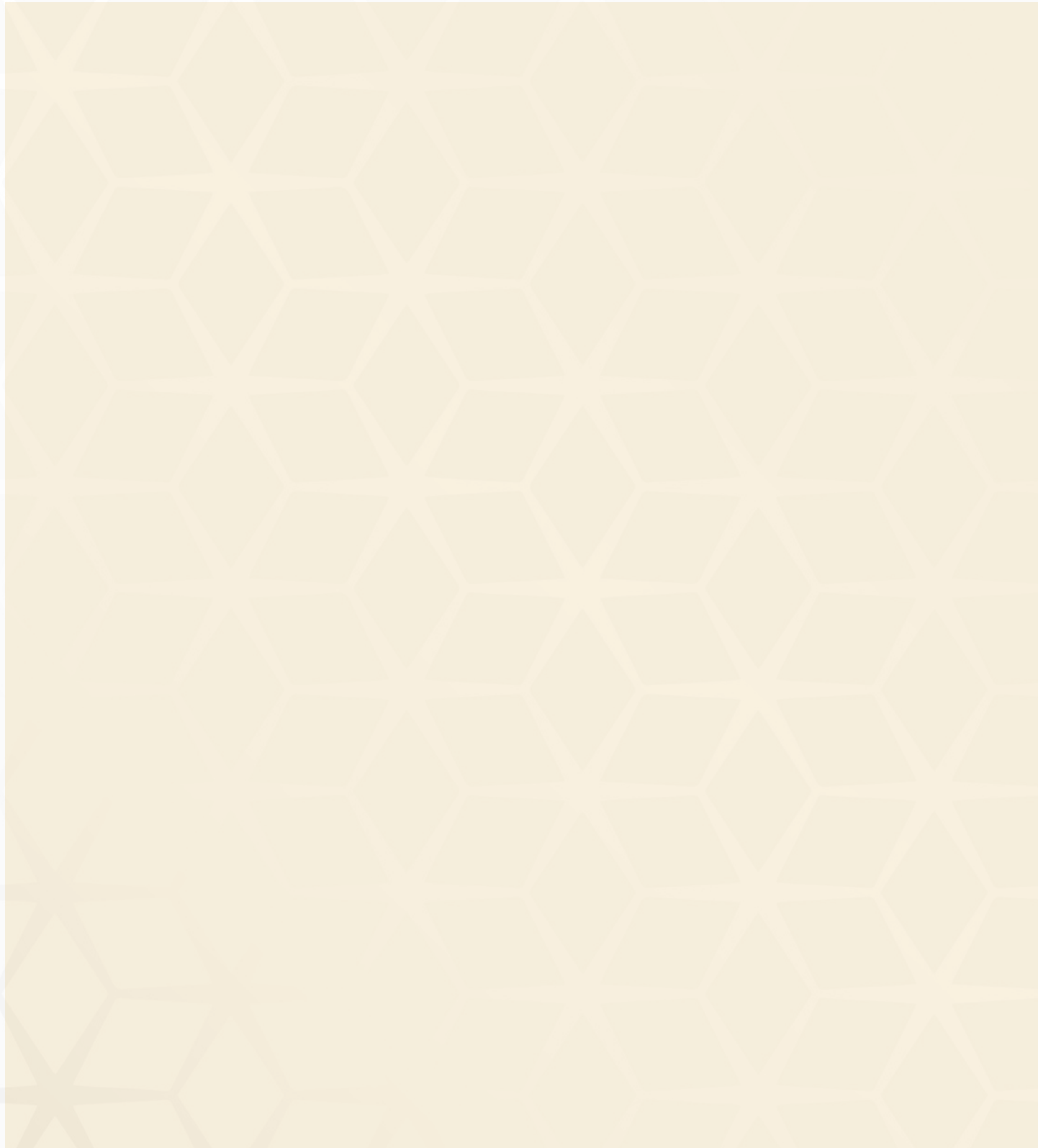
Think of the person you want to forgive (self or others) and ask yourself which one of the above am I struggling with and why? (Example: why is it hard to stop gossiping? Is it because you want to slander their name just as much as they have slandered yours? Why do you keep reminding them of what they did? Is it because you want them to hurt just as badly as you are?) Journal below:



WORK THROUGH THE PROCESS OF FORGIVENESS

STEP ONE

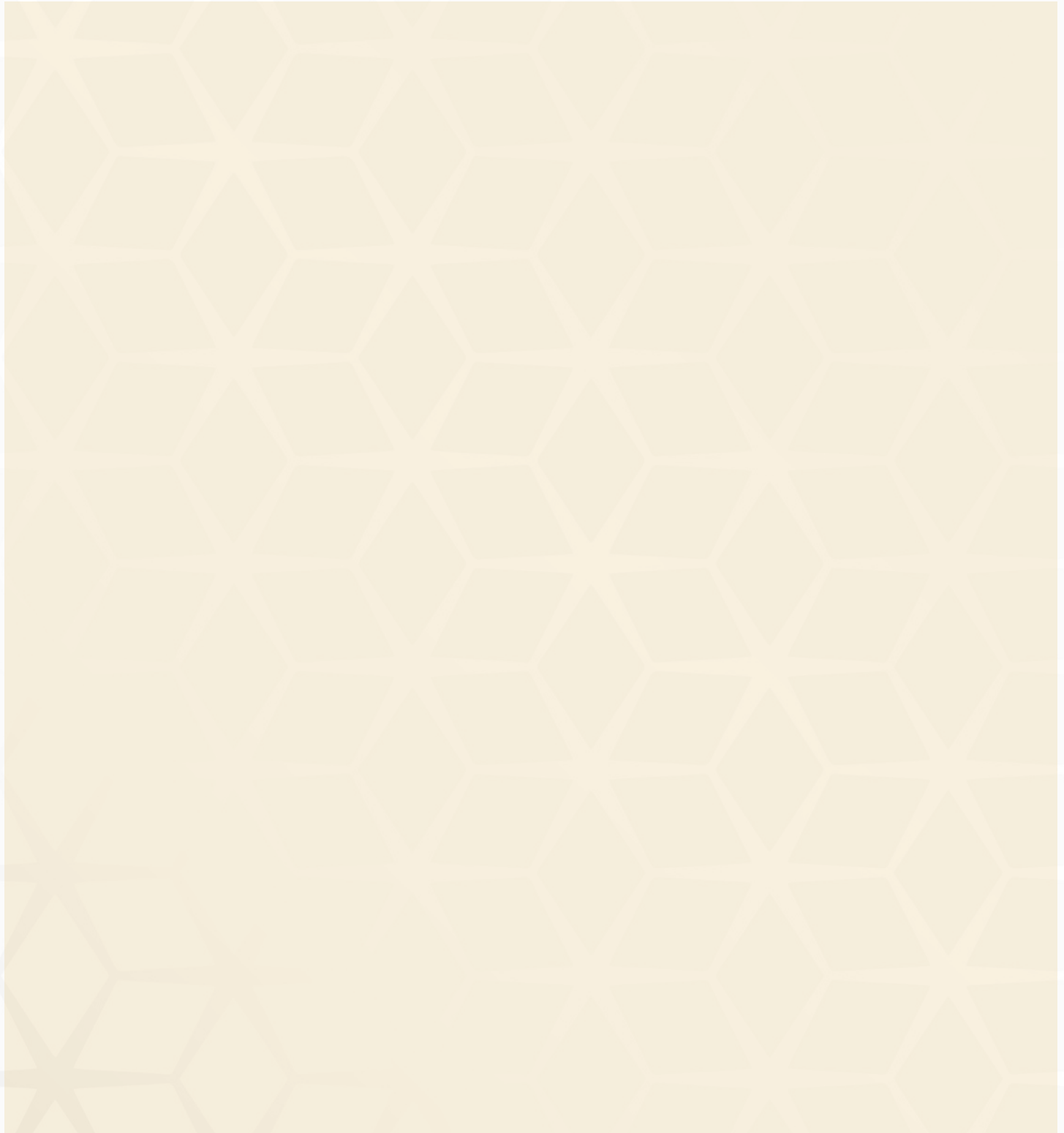
Grieve what was or was not. Grieve what did or did not happen.
What are you still grieving? What happened/didn't happen? Journal below:



WORK THROUGH THE PROCESS OF FORGIVENESS

STEP TWO

Let go of the need for a different outcome.
What outcome were you hoping for? What did you have in mind?
What expectations did you have that were not met? Journal below:



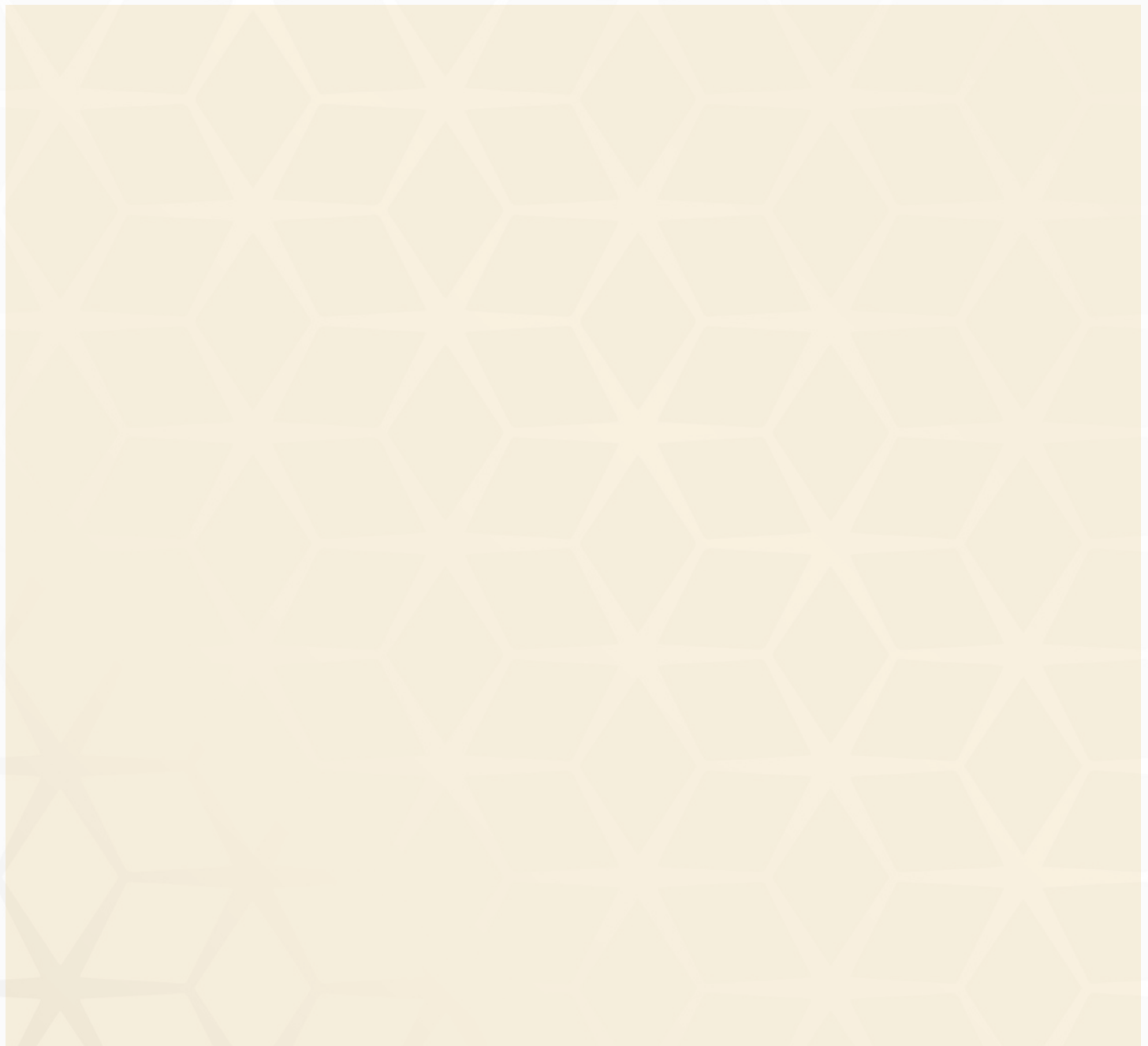
WORK THROUGH THE PROCESS OF FORGIVENESS

STEP THREE

Realize the offense/wrongdoing was a moment in time and was not an all-time-consuming event (even though it may feel that way). We often get stuck when we see moments as being much bigger than they were. Journal about the moment. Now, zoom out and look at your entire life.

How much of your life did that experience consume?

(Example: Did you only date them for 3 months and you are 35? That is 3 months out of the 420 that you have been alive. So that is 0.71% of your life. It doesn't sound that long when calculated. But, how much time have they taken up mentally? Probably much more.)



WORK THROUGH THE PROCESS OF FORGIVENESS

STEP FOUR

While unforgiveness may feel like you have power & control; you actually don't. They still have control and power over you if you are refusing to let it go. Reclaim your power and let it go.

Write out affirmations/scriptures that you will use to remind yourself of the importance of letting go and why you have chosen to let go.

