

Forgiveness Exercise

1. Write down the name of someone who has hurt you in a significant way.
2. What has that person done to hurt you?
3. What has that person done to heal you?
4. Have you forgiven this person? Why or why not?
5. If you haven't forgiven this person, what would they need to do (if they were capable) for you to forgive them?
6. What have you done to make peace with the past?
7. What else could you do to foster the forgiveness process?