

Forgiveness Process

by Katherine Singer

1. Think of a person you have not forgiven 100% yet.

2. Judgments I have about that person

a. _____

b. _____

c. _____

3. When you have these judgments in your head, how does your body feel, how does your mind feel? How do you treat that person? What kind of relationship are you creating with this person?

4. a. When I live in these conditions (2, 3, 4), what needs of mine are not getting met?

b. How are you feeling when you think about these unmet needs?

c. Take time and connect with the beauty of needs (4-a).

5. Identify the needs behind the judgments of #2.

a. _____

b. _____

c. _____

6. Request I have to meet those needs of #5.

a. Request to myself

b. Request to the other person

c. Request to the group

d. One action I can take now from above