

ASKING AND GIVING FORGIVENESS

Directions

Sometimes someone does something in a relationship that feels like the “last straw.” Asking and giving forgiveness may be the only way to heal and restore the relationship. Forgiveness means giving up thoughts of vengeance and retribution in order to be free of anger and resentment. Forgiveness does not mean forgetting or condoning wrong behavior. Asking and giving forgiveness are processes that can take time. The following steps can help you get started.

Six Steps for Seeking Forgiveness

1. Can you admit that what you did was wrong or hurtful? Try writing down exactly what you did.

2. Can you understand the pain you have caused? Write down how your partner is feeling.

3. Have you taken responsibility for your actions? Write down how you have done that.

4. Have you assured your partner you will not to do it again? How did you do that?

5. Have you apologized and ask for forgiveness? What happened?

6. Have you forgiven yourself? How has this helped you?

Six Steps for Granting Forgiveness:

1. Have you truly acknowledged your pain and anger? Write down what you are feeling.

2. Were you specific with your partner about your future expectations? What are they?

3. Have you given up your right to get even? How do you know?

4. Have you let go of blame and resentment toward your partner?

5. Have you told your partner you forgive him/her? What did you say?

6. Are you working toward reconciliation? How?
