

## THE FORGIVENESS PROCESS

**1. (Hurt Person)**

What was the event or action that caused the hurt or pain — what happened that you need to work through?

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**2. (Person who hurt the other)**

I did—

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I accept full responsibility for what I did. Please forgive me!

**3. (Hurt Person)**

I hear you. I believe you. I will consider forgiving you.

**You can agree to go on from here or stop and wait for the hurt person to process and get ready to talk "feelings".**

**4. (Hurt Person)**

When you did —

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I felt —

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I took that as meaning —

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about me.

**5. (Person who hurt the other)**

I understand your feelings. I don't want you to feel

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When I see your \_\_\_\_\_  
it makes me feel \_\_\_\_\_

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Please forgive me. I am truly sorry.

**6. (Hurt Person)**

I think you understand my feelings. I will not hurt you by continuing to bring this up or accusing you with it again.

**I forgive you!**

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## THE FORGIVENESS PROCESS

### 1. (Hurt Person)

What was the event or action that caused the hurt or pain — what happened that you need to work through?

When we went through those 6 months before you left, then the 4 months while you were gone, you don't even realize how much you hurt me.

### 2. (Person who hurt the other)

**I did** — I hurt you deeply when I put you through everything that happened for those 10 months.

I accept full responsibility for what I did.                      Please forgive me!

### 3. (Hurt Person)

I hear you. I believe you. I will consider forgiving you.

**You can agree to go on from here or stop and wait for the hurt person to process and get ready to talk "feelings".**

### 4. (Hurt Person)

When you did — When you hurt me so badly for those 10 months.

I felt — used and like I was being thrown away. I felt just totally rejected. I felt like all our years together didn't mean anything. And then it was you alone that made the biggest decision, without me, again.

I took that as meaning — I was worthless, useless and didn't even have any say in it about anything.

\_\_\_\_\_ about me.

### 5. (Person who hurt the other)

I understand your feelings. I don't want you to feel worthless, like I was throwing you aside. I don't want you to feel like you aren't an equal partner in our marriage, and that your views and feelings don't count.

When I see your hurt and pain, and the deep wounds that what I did caused, it makes me feel simply terrible, and I'm totally ashamed for what I did.

Please forgive me. I am truly sorry.

### 6. (Hurt Person)

I think you understand my feelings. I will not hurt you by continuing to bring this up or accusing you with it again.

**I forgive you!** \_\_\_\_\_