



# **FORGIVENESS AND REPAIR**

## **WORKSHEET #13**

- Forgiveness is "surrendering my right to hurt you for hurting me." - Hart
- Forgiveness is not a quick/easy ACT. It is a PROCESS.
- The goal of forgiveness is RECONCILIATION.
- Ways that don't work:
  - Forgiving too easily
  - Holding a grudge
- Wrong-doers work:
  - Apology with plan
  - Repair
- Injured person's work:
  - Grieve
  - Let go

### **QUESTIONS TO PONDER**

#### ***SELF:***

What do I need to ask forgiveness for? Where am I in the process? Am I trying to engage in HONEST dialogue? Have I apologized? Have I tried to repair? Have I been patient in allowing my spouse to do his/her work?

#### ***IN RELATION TO MY SPOUSE:***

What do I need to forgive my spouse for? Where am I "stuck?" Have I forgiven too easily or in a condescending way? Have I been nursing a grudge(s) and wallowing in self-pity and resentment? Although my partner has wronged me, do I acknowledge my part in the problem? Or do I insist it was caused 100% by my spouse?

#### ***MY GOAL IS:***