

Steps to FORGIVENESS

Forgiveness is a PROCESS that allows us to heal from hurts:

Holding anger and feelings of hatred and revenge inside of us is harmful to our

- **Minds** -
 - Leads to negativity
- **Bodies**
 - Stress hormones rise
 - Immune system weakens
 - Blood pressure rises
- **Spirit**
 - Makes us selfish
 - Makes us irritable
 - Takes away joy
 - Takes away gratitude
- **Relationships**
 - Makes us uncaring toward others
 - Makes us critical and hard to be around

Step 1 – Sort out your thoughts, feelings, and experience

- Spend time thinking about and identifying ALL of your feelings around the incident.
 - Write these down
 - Tell them to another trusted person

Step 2 – Make a promise to yourself to deal with the hurt and do what you must do.

- Avoid “sweeping” the hurt under the rug.
- Acknowledge the realness of the hurt.

Step 3 – Remember, forgiveness is for YOU – not the other person.

- Forgiveness does not necessarily mean reconciliation
- Forgiveness does not mean that you “condone” or accept the hurt
- Forgiveness is ALL ABOUT YOUR PEACE of mind

Step 4 – It’s not really about what happened in the past, but what you are thinking and feeling NOW.

- You cannot change the past – stick with your present thoughts/feelings.
- It is the NOW suffering and hurt that Forgiveness is directed.
- Forgiveness helps us live a good life in the NOW.

Step 5 - When your current feelings/thought threaten you – practice “eagle breathing” or another calming technique.

Step 6 - Set expectations and rules for yourself only – not for others.

- You can only act toward fulfilling YOUR needs/wants.

Step 7 - Instead of OBSESSING about your hurt – switch your thinking to something more goal orientated or positive.

Step 9 – Seek out a life well lived – this is your best revenge against hurt.

- Stop focusing on your hurt feelings – keeping your focus on how bad you feel gives the other person “power” over you.

- Don't dwell on the ugly.
- Look for the love, beauty and kindness around you.

10.- Always take the high ground

- Never let yourself "sink" to the other's level of hurt.

Ticket

Welcomed Freedom clients to today's session and opened with the Serenity Prayer. Briefly checked in with clients and then proceeded to review the work the group has been focused on in identifying personal shame. Open today's topic of "Steps to Forgiveness. " Reminded clients that holding shame is harmful and self destructive to our minds, our bodies, our spirit, and our personal relationships. Discussed 10 steps to coming to a readiness for "forgiveness." Positive interactive group and positive attitudes by group members.

Plan:

- Continue exploring ways to forgive ourselves and others.

very attentive and willing to share with peers. Able to use examples for own life.