

ACCEPTANCE

What does it take to “let go of anger and hatred” and get on with life? Why do you think forgiving someone (or be forgiven by someone) might make you feel better?

WHAT HAPPENS WHEN WE DON'T FORGIVE?

Make a list of things that might happen to you if you found that you could not forgive someone:

ON A JOURNEY TO FORGIVENESS



There are five stages of forgiveness. Each of us experience them in a different way and sometimes in a different order. With you partner, share your experiences with each of them.

DENIAL

Have you ever hurt someone but didn't want to admit it? Or have you had someone hurt you or a friend but you couldn't believe it was really happening?

BARGAINING

Do you ever play "let's make a deal"? What kind of conditions might you set for someone before you were willing to forgive them?

ANGER

Can you think of a time that someone hurt or betrayed you? Did it make you angry? Can you describe the feeling? What did you think should happen to that person who hurt you?

DEPRESSION

Do you ever get depressed? Do you ever blame yourself for something bad that has happened? Can you think of someone who might feel like they might have caused someone to hurt or betray them?