

Forgiveness

by

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About Resentment & Self Pity

Resentment.

- Definition: Re Sentre. To re-feel, over and over .
- What it does: Covers a wound. Corrodes out ability to love.

Self Pity: To feel sorrow for one's self.

- Creates a false sense of significance
- Makes an idol of this self significance

Forgiveness: What it is Not.

- Forgiveness does not condone abuse.
- Forgiveness does not justify wrong.
- Forgiveness does not reduce evil.
- Forgiveness does not rectify the past.

Forgiveness: What it is.



Forgiveness is a Process

Begins by realizing your own Suffering.: The Three A's

- Acknowledgement
- Acceptance
- Action

Five stages for experiencing Feelings & Meanings.

Name it

Accept that it's OK to feel.

Allow it— let yourself experience the emotion in the presence of another.

Reflect on it. Ask yourself, what does this feeling mean?

Share it.

Forgiving Yourself Visualization



Personal Inventory Exercise

Part One



Personal Inventory: Step 4 or 10

Examine how loyal you are to suffering.

- How much time, energy and effort do you put into your own misery?
- Ask Yourself: What am I getting out of my misery?

Remember:

- You are not married to suffering.
- Misery is Optional.

Personal Inventory: Step 4 or 10

Expectations:

- What did you expect from the person that hurt you?
- Is this person capable of giving you what you expect?
- Are you capable of giving yourself what you expect?
- Is your Higher Power capable of giving you what you expect?
- Where did you go wrong?

Personal Inventory Exercise

Part Two



Forgiveness: Step 9

Make direct amends to Yourself.

- What will you do to get your needs met?
- What will you do to ensure your own safety?
- How will you use your recovery program to do this?
- How can your Higher Power help you?

Personal Inventory Exercise

Part Three



Forgiveness: Step 9

- Make Amends to the person who harmed you.
- Envision them the way they were before the offense.

Thank You for this opportunity to be of
service.

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