

# 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 do not work:

Forgiving too easily.

Holding a grudge.

## FORGIVENESS PROCESS:

1. Resume Respectful Treatment
2. Honest Communication

WRONG DOER

INJURED

3. Apologize w/ plan
4. Repair

3. Grieve
4. Let Go

5. Reconciliation

## 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 any part in the problem? Or do I insist it was caused 100% by my spouse