

Forgiveness Examens
1: Lean into the Truth

The Practice of Leaning into the Truth
Honest Recounting

This examen is the first part of four that explore the *TUF(R)* forgiveness model. It is intended to heighten your awareness to what is true in a given situation. *It is not intended for evaluation*, but to say as honestly as possible, This happened..., I was..., They were... In essence, this is what is true (as far as can tell from my own perspective) about this situation.

- I. Think about the event that occurred. Honestly, without evaluation, recall the role you played; the role your relational partner played; and the context.
- II. With the offending event clearly in mind, consider the following truths:
 - a. I was/am hurt
 - b. We all hurt other people, at times
 - c. The offending party is acting out of their own hurt, pain, dysfunction (be careful here, this does not excuse others' [or your own] hurtful behavior)
 - d. I have choices
 - e. God uses all things that happen in our lives
- III. As you reflect on this process, where has God (Jesus) been? Where is he now?

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