

TUF(R) Forgiveness
(Truth, Understanding, Forgiveness, Reconciliation)

Write down a *happening* in which you forgave someone else.* Describe what happened, why it happened, and why forgiveness was needed.* Be sure to consider the following:

*How long ago did the event happen?

*Is this one of offense of multiple that have happened from this person?

*What is it that is most difficult about forgiving this offense or this person?

Truth

The truth:

I have been hurt

This hurtful action “shouldn’t” have occurred

The person who hurt me has his/her own set of problems (is not perfect)

What the offending person did doesn’t make them a ‘bad’ person

Others have hurt me, too

I’m not perfect, I have my own set of problems

Change your forgiveness *metaphors* to developmental/relational:

“This is ultimately about who they are *becoming*”

“God wants their *heart*”

And...

“This is about ultimately about who I am *becoming*”

“God wants my *heart*”

I am on a *journey*, which doesn’t make this okay, but I can watch for how

God might use this in my life

Understanding

The one who hurt me has an imperfect past

I’m wondering, *What happened to them?*

I will exercise empathy

They’re doing the best they can given their circumstances”

I will not excuse their behavior

I will learn more about myself and why this offense was so hurtful.

I will learn more about myself and what parts of this offense were most hurtful.

Forgiveness/Freedom

I will choose to forgive

I will express my forgiveness to the offender, if safe (emotionally and physically), or through other means such as journalling, praying, counseling, or telling a friend

I will quit punishing them for what the pain I've experienced

I will pray for God's cleansing and healing for us both

Reconciliation

I know that reconciliation is not something I *have* to work toward

If conditions are right, I will work toward redeeming and recreating our relationship

I choose hope for the future

I choose to live in the *present*, while creating a more positive future

I will set appropriate boundaries, if necessary

I believe that I will move forward

I believe that I am a new creation through all that I've gone through

I choose to welcome myself back home

*If nothing comes to mind you can think of a time you needed forgiveness

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