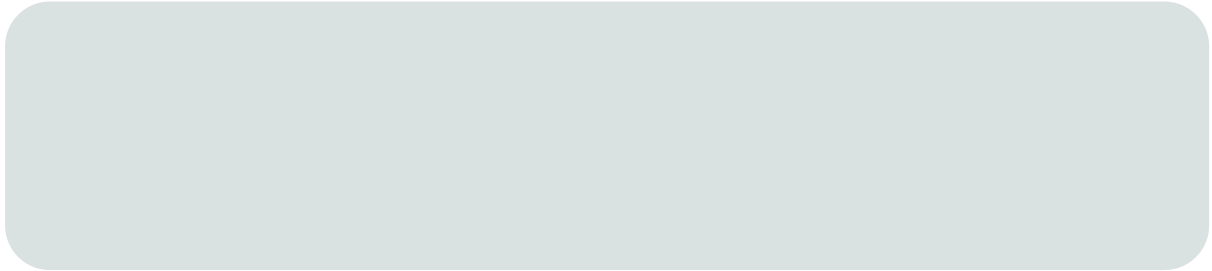


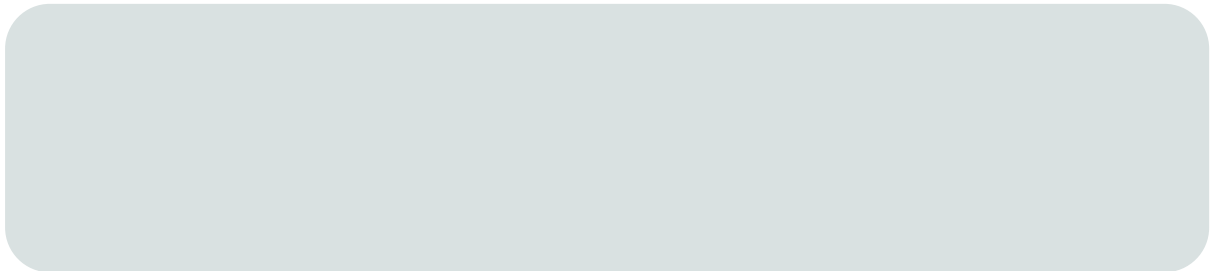
HANDOUT 11.4: WHY PRACTICE FORGIVENESS

Reflect on what are the potential benefits of forgiveness for you. Why would you want to engage in the process of forgiveness for others, from others and for the self?

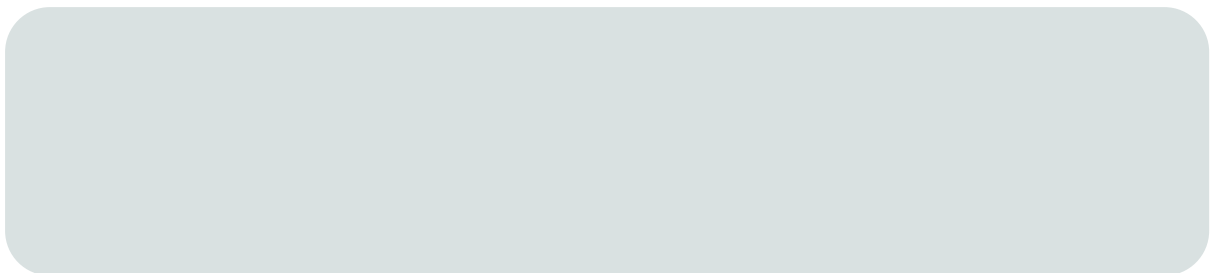
I'm willing to forgive _____ for:



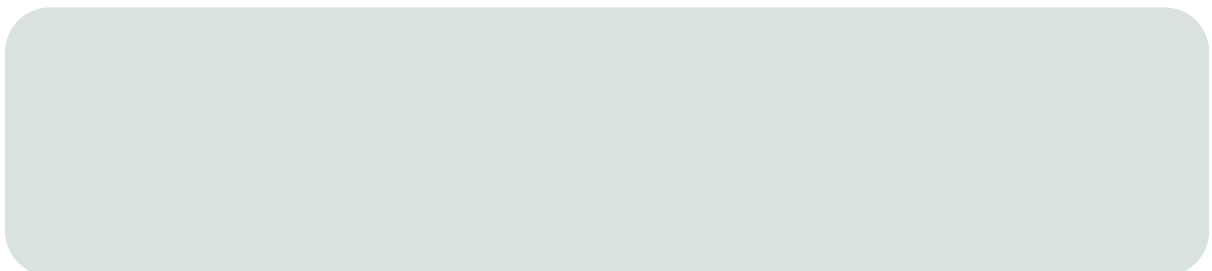
because I wish I (set your intention, your why for forgiving):



I'm willing to forgive MYSELF for:



because I wish I (set your intention, your why for forgiving):

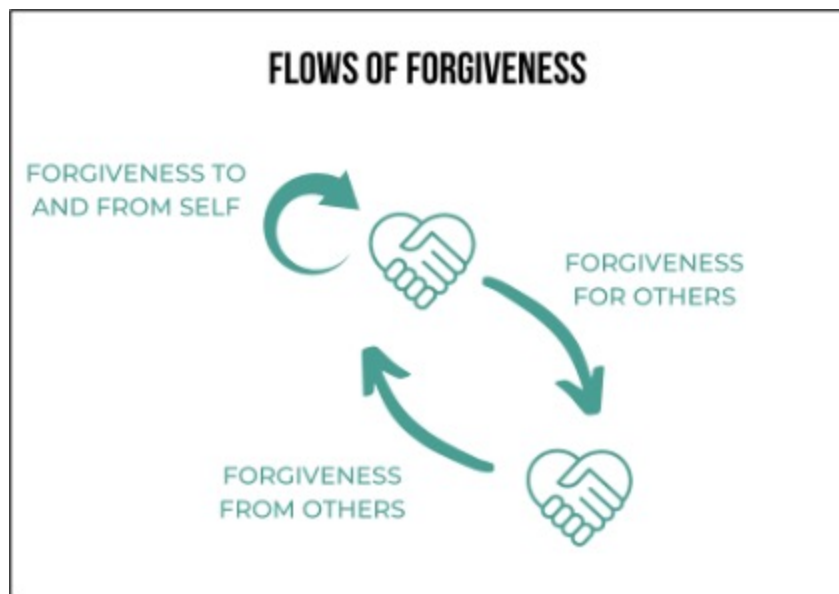


I'm willing to accept forgiveness from _____ for:

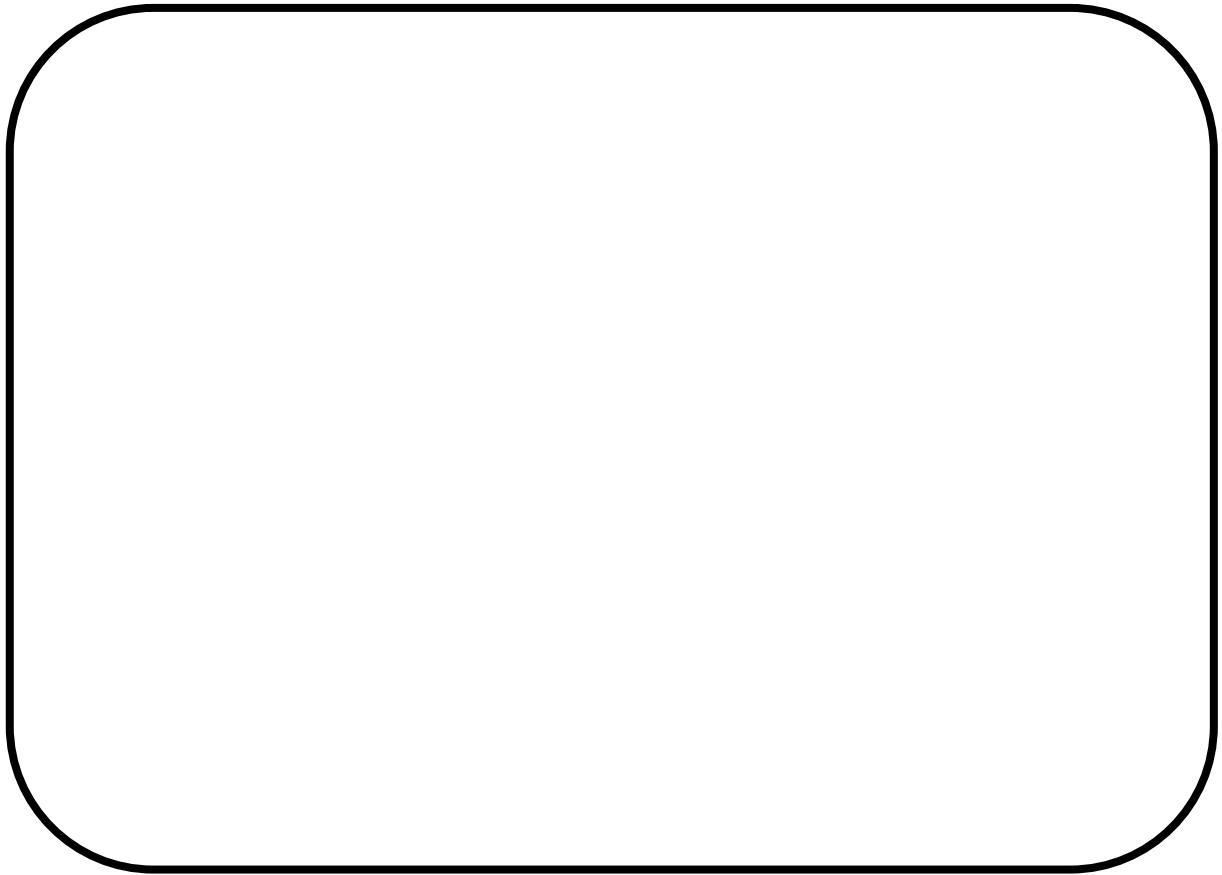
Empty rounded rectangular box for writing the name of the person from whom forgiveness is accepted.

because I wish I (set your intention, your why for accepting forgiveness):

Empty rounded rectangular box for writing the reason for accepting forgiveness.



Represent how your body feels when holding on to resentment; use colours, textures and width of the marks to represent your physical sensations. Choose whether to represent a state of resentment towards someone else or towards yourself.



Represent how your body feels when opening up to forgiveness or when you imagine opening up to forgiveness; use colours, textures and width of the marks to represent your physical sensations. Choose which flow of forgiveness feels most relevant to you at this time.

