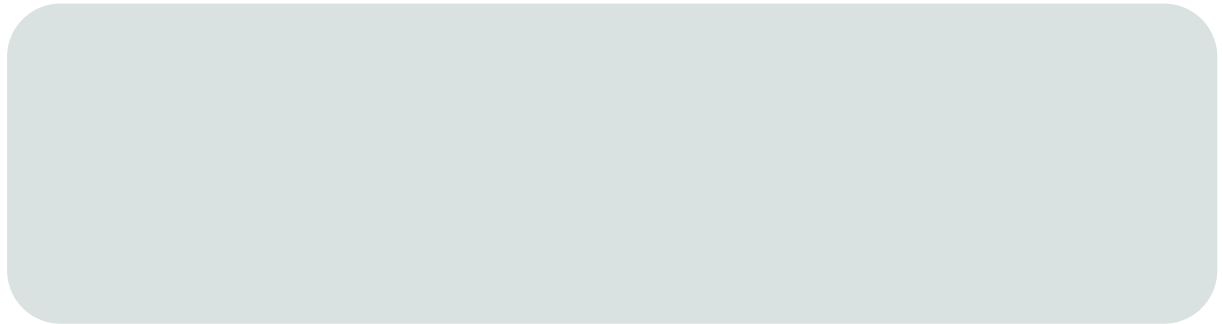
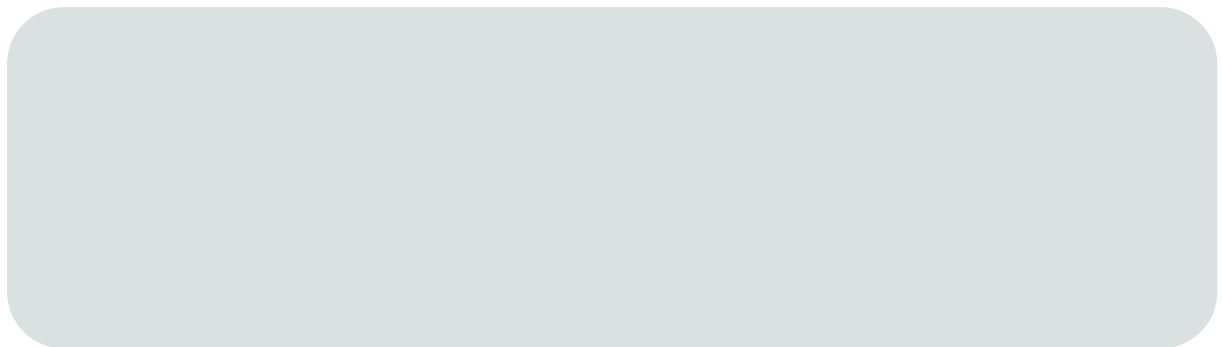


HANDOUT 11.7: MY FBRs TO FORGIVENESS

What might be the fear that comes up when opening up to forgiveness? How do you feel about openly expressing these fears?



What might be the fear that comes up when you think of releasing your resentment/desire for revenge?



Connect with your compassionate self - create your open, solid but not rigid posture and connect with this part's wisdom, strength and desire to be helpful. The compassionate self knows how important it is to acknowledge and give space to your anger - and at the same time it wishes you could live a life that is not dominated by resentment. It wishes for you to be free.

What would this compassionate self tell you with respect to your fears? What would it advise you? Would it advise you to take the path of forgiveness?

