

A Roadmap To Forgiveness

A Step-By-Step Guide

01

Identify

Identify the hurt.
What is it that was done that wounded you?

02

Acknowledge

Acknowledge who offended you, what the offense was and when it occurred.

03

Address

Address how you feel about it (i.e. I feel hurt and abandoned for you leaving). You can write this out to flush out your feelings.

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Accept

Accept the offense happened and remember you cannot change the past.

05

Decide

Decide on whether you are willing to forgive. This decision is challenging yet important. Embrace the fact that this is your choice.

06

Reject, Repair or Restore

Decide whether you desire to reject, repair and/or restore the relationship. It's your decision to make.

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Realize

Realize what forgiveness would mean and look like for you. Forgiveness looks different for everyone. Be your own barometer.

08

Forgive

Choose Forgiveness. This can be done silently, privately and or publicly. Again this is your choice.

09

Enjoy

Enjoy the freedom you experience when you choose forgiveness. If you did not choose to forgive, enjoy the freedom you have from your decision.