

# Forgiveness is a Process Not an Event

*A forgiving person has no past. An unforgiving person has no future.*

## What is Forgiveness?

Forgiveness is **Not** to...

- Condone
- Forget
- Tolerate
- Ignore
- Approve
- Excuse
- Minimize
- Pardon
- Deny
- Absolve
- Reconcile
- Invite to hurt again
- Surrender justice

Forgiveness Is a **Decision to not**...

- Retaliate
- Exact revenge
- Seek compensation
- Judge

Forgiveness Is a **Decision to**...

- Release them
- Release ourselves
- Be released

## What is the Forgiveness process?

**Name it.** Accept the facts: Betrayal = it did happen; I was hurt.

Open your mind, memories and heart to remember the hurts, the wounds, where and when you have been let down, dishonored, abused, lied to, cheated on; diminished in spirit and emotion; diminished physically and financially.

Bring to your mind, to your memory and to your heart a picture of the betrayer; your father, mother, husband, wife, boyfriend, girlfriend, brother, sister, relative, friend; have you been betrayed by your school, church, the judicial system, healthcare system, legal system, the government?