

Forgiveness

1. How do you feel about forgiveness?
2. Do you regularly practice forgiveness?
3. What does the practice of forgiving give you?
4. What does the act of forgiving give the world?
5. Is there anyone or anything you want to forgive at this time in your life?
6. Why do you want to forgive this thing or this person?
7. What does the part of you that was hurt/betrayed/abandoned need, or need to know, in order to allow you to move forward and forgive?

