

Review Forgiveness List
(1-21-01)

If we have come to this point in the process, you have resolved and dealt with all your past negative and traumatic memories you needed or choose to deal with. If you have not, we need to go back and do so, because we have reached this point prematurely and you will not be ready to go on with the next step. If you remember from before, most people say you need to forgive and forget to go on with your life. We take the opposite approach and say in order to forgive, you need to forget (at least the negative/traumatic image and its emotional impact) before you can truly forgive and move on.

We are now going to continue the forgiveness process. Again, not because the person or you has earned or deserved forgiveness or even desires or believes they need to be forgiven. We are to forgive and seek forgiveness because God has commanded us to do so and will forgive us in the same way we forgive others (Lord's Prayer). So if you are ready we will continue the process of forgiveness. This is not to be confused with the process of reconciliation which takes two, but with forgiveness that takes one (you) and God.

Get out your forgiveness list or ask me (or your counselor) for your list if you gave it to me for safekeeping when we asked you to create your list. This is the list we asked you to make several sessions ago that included people or organizations you need to forgive for past pain and hurt as well as people and organizations you need to seek forgiveness from for hurting them in some way.

This week I want you to review your list to determine if there are people or organizations you need to add or remove. It is not uncommon at this point for you to identify people you no longer feel any hurt, hatred, or anger towards since you already dealt with them in the memory process. However, if you still have any residual feelings towards them that need resolution, we need to take them through a forgiveness process. In addition, there may be others that weren't on your list previously that you want to add. Now is a good time to do so.

Review your list for the next session so we can talk about it and prepare for the forgiveness process.

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