

Tools and Techniques for Doing Forgiveness Work

Forgiveness work takes practice! Here are some possible ways of doing it. Choose what works best for you.

Gratefulness—it's a shortcut to forgiveness

Humor

Write/journal

Art, music, dance/movement

"I love you and I forgive you." Say to yourself in the mirror.

"I love myself and I accept myself!"

Ask *what* not *why*. E.g. What can I learn from this situation? What can I do to move forward? What did I learn from this that will help me in the future?

Say daily/nightly apology/forgiveness with the other. Words for this might be:

"I am sorry for the things I have done that you took on as hurt. And..

I forgive you for the things you did that I took on as hurt."

Say daily/nightly imaging how you would like the future to be in a positive way.

List positive attributes of the other.

List ABC of gratitude when having difficulty sleeping e.g. A=

Breathe! Focus on breath and as you breathe in you can image healing and as you breathe out you can image releasing what is no longer necessary.

Touch tip of tongue behind top front teeth to block negative energy and stimulate positive energy.

Meditate on:

May I be happy. May I be peaceful. May I be free from suffering.

May ____ also be happy. May ____ also be peaceful. May ____ also be free from suffering.

"Grant me patience with the changes that take time; an appreciation of all that I have; tolerance of those with different struggles; and the strength to get up and try again one day at a time.

Set clear boundaries.

Apologize appropriately.

Protect self with imaginary "bubble."

Adapted from Sue Regen's handout.