

My Personal Forgiveness Plan

A map for your forgiveness journey can help you determine what steps are necessary for your personal forgiveness situation. Complete the following questions in as much detail as possible.

- 1. What do I need to forgive? Give a very specific, detailed description. For true forgiveness, you must know exactly what you are forgiving. You may need to have a separate forgiveness plan for different facets of the offense.

- 2. Who do I need to forgive? Who is the primary offender? Is there a secondary offender? See Primary and Secondary offender article.

- 3. What are the feelings I am experiencing about the offender and his or her behavior?

- 4. What do I need to do to resolve these feelings and keep them from interfering with my ability to forgive?

5. After examining the circumstances surrounding the offense, what was my contribution if any to the situation and what was the contribution of the offender? (If the offending event was child sexual abuse or other abuse as a minor, this question does not apply because a child does not have the power or control to be responsible for the abuse.)

6. What are some reasons the offender wronged me?

7. What "hot buttons" did the offender trip from my past experience with family and relationships?

8. What boundaries will I establish with the offender in the future?

9. How will I hold the offender responsible for his or her actions?

10. Do I need to confront the offender face to face? (Consider only if safety is not an issue. If so, how will I do it and what will I say?

11. If it is not safe, appropriate or possible to do a face to face confrontation, how can I do it and what will I say?

12. How will I know I have forgiven the offender(s)?

13. Do I believe I am forgiven by God for my misdeeds? Why or why not?

14. How has God been present though my hurt and pain?

15. What are the scriptures that bring me comfort during difficult times? Write them out.
