

Name _____ **Forgiveness**



Forgiveness

Reflect on your past, and think about specific instances and relationships when you have been forgiving and when you have been unforgiving. When have you really struggled to let pain go and move on? Are there particular people or situations in which you find it more difficult to forgive?

Instances and situations in which forgiveness has been possible:

Instances and situations in which forgiveness was or continues to be a struggle:
