

Forgiveness

Who have you not forgiven? - make a list and include yourself

What have you not forgiven - Write down the general category

What "Benefits" do you derive from not forgiving?

What is the real "Cost" to you of not forgiving?

How would it feel if the other died and you had not forgiven them?

How would it feel if you were dying and had not forgiven them?

How would it feel if you were dying and had not forgiven yourself?