



THE FOUR R'S OF FORGIVENESS



RENEWAL

REMORSE

RESTORATION

RESPONSIBILITY



THE FOUR R'S OF FORGIVENESS

1

RESPONSIBILITY

Accept what has happened and show yourself compassion.

2

REMORSE

Use guilt and remorse as a gateway to positive behavior change.

3

RESTORATION

Make amends with whomever you're forgiving, even if it's yourself.

4

RENEWAL

Learn from the experience and grow as a person.





RESPONSIBILITY

The first step of forgiveness is acceptance. To forgive yourself, you need to accept that you were wrong, it is sometimes the hardest decision that you can make, but by facing up to what you have done or what has happened, you will then stop making excuses, justifying or rationalizing your actions and understand your part in the situation.

Taking responsibility means you are not looking for anyone else to blame but instead accepting that you are in charge of what has happened and are willing to stop dwelling on the past. Taking responsibility prevents many negative emotions, such as guilt, regret, and shame.

1

Stop Blaming Others

2

Stop Making Excuses

3

Identify Triggers For Your Denial

4

Follow Through On Promises And Commitments

5

Know What You Really Want In Life

6

Break Your Bad Habit

7

Recognize Your Choices



RESPONSIBILITY

What action do you need to take responsibility for?

Why is taking responsibility for your actions important?

What are the positives of taking responsibility?

How do you take responsibility for your actions?



RESPONSIBILITY

Think of a time when you did or said something wrong and didn't take responsibility for your behavior. Write three words that describe how you felt.

Do you believe you will learn from your mistakes if you take responsibility?

**Is there anyone in your life that doesn't take responsibility?
How does it make you feel?**

What sort of person do you think you will become if you can't take responsibility?



REMORSE

Now that you've accepted your part in the situation and taken responsibility, you will face negative emotions such as guilt, shame, anger, and remorse. When you've done something wrong, it's completely normal, even healthy, to feel guilty about it. These feelings of guilt and remorse can serve as a coping skill for positive behavior change.

While guilt implies that you're a good person who did something terrible, shame makes you see yourself as bad. Understand that everybody makes mistakes, and making mistakes that you feel guilty about does not make you a bad person.

The good thing about guilt and remorse is that it shows you are a friendly human. So whenever such feelings appear, don't feel worthless, depressed, or upset. Instead, accept the mistake and show that you are guilty and willing to make positive changes.

When you feel remorse, what sort of feelings and emotions are showing up?

Guilt can be positive and at times it is even necessary. How do you feel about this statement?



REMORSE

Is it possible to never to feel guilty?

How do you deal with your guilt?

How can you use remorse to make positive changes in your life?

By making a mistake, what have you learnt?



RESTORATION

The third step in the forgiveness process consists of repairing the damage caused, even if that damage was done to yourself.

One way to move past your guilt is to take action to rectify your mistakes and never make them again. Apologize if it is called for, and look for ways to make it up to whomever you have hurt.

It may seem as if this portion of the process benefits only the person you've harmed, but there's something in it for you as well. Fixing your mistake means you'll never wonder if you could have done more.

What does an apology mean to you?

Have you had trouble apologizing in the past?

How can you apologize?



RESTORATION

Is an apology the only way to make amends?

If your apology was not accepted, how would you deal with this?

How can you make amends with yourself?

What emotions do you feel when you apologize?



RENEWAL

When you make mistakes, you should always look for ways to prevent yourself from repeating the same thing.

Rumination, pity, or self-hatred damages us like a glass of water. If you hold a glass of water for 5 or 10 minutes, it won't affect you; however, if you keep it for an hour, you'll have an ache in your arm. If you hold it for a day, your arm will feel numb, paralyzed, or fall off (or so I'm told). In each case, the weight of the water doesn't change, but the longer it's held, the heavier it feels. Life's problems can work in the same way.

Engaging in renewal is the way to avoid self-hatred: renewal is the engine of the future, something that helps you prevent self-pity and rumination.

How can you prevent yourself from making the same mistake again?

Reflection



AFFIRMATIONS

I forgive others as I forgive myself: with ease, sincerity, and loving compassion

I Accept that I am human and I make mistakes

I forgive myself for my past decisions and actions

I let go of the past to move forward

I am learning and growing every day.

I forgive myself so that I can have inner peace

I can help others by learning to forgive

The forgiveness I give propels me forward

As I forgive others, I am forgiven