

H.E.E.L.S.

## Healing Every Emotional Life Scar

### Step 1 Preparation

The weak can never forgive. Forgiveness is an attribute of the strong.

Mahatma Mohandas Gandhi

Before beginning the Forgiveness Process, the following steps are suggested:

1. Set aside plenty of time for the process. Don't rush yourself through it.
2. Create support for yourself. This could be a counselor or trusted friend with whom you can talk as you are going through the process.
3. Find a partner or create a small support group. Most ideal would be to arrange with one or more other people go through the forgiveness process together, meeting periodically to talk about your progress, questions, and challenges and give each other support.
4. Do the steps in order, especially the first time through.
5. Select the situation with which you wish to work. It might be a long-standing problem, a one-time traumatic event, a dispute you are currently involved in, or a situation from the past that continues to weigh upon you. The Forgiveness Inventory which follows is designed to help you identify potential areas of forgiveness in your life from which you can choose.

Please note — The forgiveness process is not therapy. It can be used to complement, not replace, any counseling or other treatment you may be receiving. If you are receiving counseling or other treatment by any mental health or other professional, please consult with your therapist or other professional before beginning this process.

## The Forgiveness List

### Step 1

#### Forgiveness Inventory

Think about the many areas of your life. List all the people you need to forgive, including yourself. Specify what you need to forgive each person for. Use additional paper, as needed.

Also, include next to the name of the individual whether it is Decisional Forgiveness or Emotional Forgiveness. **Decisional forgiveness** is a behavioral intention to act less negatively and more positively toward an offender. **Emotional forgiveness** is a process in which positive other oriented emotions replace unforgiving emotions.

Family

Friend

Spouse/Partner

Co-Worker

## Part II

### Explain Your Situation

Take one of the names off of the list above.

Describe your situation, including who is involved, what occurred and how you feel about it. Use as much paper as you need to write everything you feel is important about the situation. Don't hold back, and don't censor yourself. Be as truthful and complete as you can in expressing how you see the situation.