

# Forgiveness Readiness Quiz

1. You need to forget the incident or condone the incident or excuse the incident or pretend that it never happened to really forgive!  
True or False?
2. If you forgive you are giving permission for the offenses to continue.  
True or False?
3. True forgiveness requires reconciliation.  
True or False?
4. You can say you forgive, not really mean it and eventually the issue will go away.  
True or False?
5. True forgiveness is impossible you just have to learn to live with it.  
True or False?
6. Once you decide to forgive it will be forever. You'll never have to do it again.  
True or False?
7. True forgiveness requires a 2-way street.  
True or False?
8. You will be punished if you don't forgive.  
True or False?

## FORGIVENESS READINESS QUIZ

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### Answer Key

1. **False:** None of the above. Forgiveness is an act of Self Love. It is reclaiming the parts of yourself that were lost in the event. This is a act of the heart, not of the mind.
2. **False:** The act against you can never be condoned and you are preventing it from happening again only if you Let Go of the energy. Remember, energy has a boomerang effect!
3. **False:** You can always choose that it is for your highest good to not reconcile. You must never put yourself in a potentially harmful position, nor are you ever to sacrifice your well-being to make another feel better.
4. **False:** There is a specific energy of unresolved issues requiring forgiveness that can only attract more energy just like itself to you.
5. **False:** True forgiveness is very possible when you know how to do it and have the tools to finish the job. In fact, you can never really live freely, enjoying all of the joys of life when this unresolved energy is occupying your heart.
6. **False:** Life is full of opportunities to exercise your Forgiveness muscles. You are meant to Let Go of the things that keep you separate from living your best life ever. Let it become a natural part of your life and remain free from the ill effects that not forgiving creates.
7. **False:** Forgiveness is about you...only you. The other person may not even know that they have done something that you feel is in need of forgiveness.
8. **True and False:** The only punishment that arises out of not forgiving is the way you feel about yourself and the happiness that it robs you of.

That's punishment enough but it comes from within you..never from another source. You are loved unconditionally and punishment is never and can never be a part of that love.