**Forgiveness for Life Class: Tools & Topics covered**

Freedom from bondage - Prayer

Acceptance

Changing the Channel

Positive Emotion Refocusing Technique (PERT)

INSTANT PEACE Method: Peaceful Place paired with Thumb and Pointer finger

Breath of Thanks

Heart Focus

9 steps to forgiveness

3 Preconditions for Forgiveness – how you feel, what was wrong, tell people

Resentment list

The Grievance Story

Forgiveness Worksheet

The 4 Phases of Forgiveness: Uncovering; Decision; Work; Deepening.

Forgiving Yourself

6 steps to challenge Unenforceable Rules:

Making Amends

The CONFESS method

The HEAL method, part one and part two (HOPE; EDUCATE; AFFIRM; LONG-TERM)

How to Apologize

How to be Forgiven: 7 Actions we can take

The Power of Positive Intentions

12 ways to Forgive Yourself

Emotional Freedom Technique (EFT)