

The Path of Forgiveness



Five Minute Forgiveness Tools

- ❖ These tools are intended for use “in the moment” when you are upset or triggered by something.
- ❖ Use them as soon as you notice that you are hooked into a situation emotionally and want to release it.
- ❖ Don’t be fooled by the simplicity of the tools! They are very effective, *if* you remember to *use* them.
- ❖ For best results, stay with each tool until that step feels complete, before moving on to the next.

1. The first step is “noticing.” Notice that you feel “activated.” Notice where and when the activation started. Notice who else is involved.
2. Take some slow, deep breaths with the intention of relaxing.
3. Notice that the activation is occurring *inside of you* not “*out there.*”
4. Commit to focusing on your own healing, rather than on the other person. For now, disengage from the other person.
5. Affirm that your goal is to restore inner peace. Let go of the ego’s need to be right, prove a point, or get your way.
6. Feel the emotions that have been triggered inside of you. Whatever it is, give yourself the gift of *feeling* it...without the need to label or judge it. And, without the need to hide, lie about or minimize your feelings in any way.



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7. Separate yourself from the experience. Take the position of a neutral witness who is observing you having the experience. For instance: Instead of holding the thought, “Such and such happened to me and I am angry,” take the view of a neutral witness who sees you, sees what has occurred, and sees all of your thoughts, emotions and reactions, but is not identified with them.
8. Have compassion for yourself. Imagine the tenderness you might feel if someone you care about was having the exact same experience. Direct this tenderness towards yourself.
9. Consider what there is for you to learn from this situation. In what way is the situation giving you an opportunity to heal something from the past and to grow?
10. Feel gratitude for the chance to bring more awareness and healing into your life.
11. Acknowledge yourself for having the commitment to move through challenging situations, with awareness, and for choosing love.
12. Look at yourself in the mirror, and say: “I love and accept you just as you are.”

