



Twelve Steps to Forgiveness

- 1.) Openly recognize wrong deeds by taking an “account” of the painful situation. Notice the emotions from all angles and let it hurt**
- 2.) Recognize that your anger is not only normal, but necessary**
- 3.) Realize how ongoing bitterness will ultimately hurt you**
- 4.) Learn from your problems by establishing better boundaries**
- 5.) Refuse to be in the inferior position and resist the desire to be superior**
- 6.) Avoid the futility of judgements-Also, allow yourself to remember that it is easy to take account for where others hurt us, while being very easy on considering how we have hurt others**
- 7.) Allow yourself permission to grieve**
- 8.) Have a healthy conversation with the injuring party if it is appropriate**
- 9.) Find freedom as you find freedom as you let go of the illusion of control**
- 10.) Choose forgiveness because it will heal and free your soul**
- 11.) Come to terms with the other’s wrong deeds as you recognize your own need for forgiveness. Allow yourself to “sit with” the understanding that when we take account of someone else’s sin against us, we may not accurately take account of our sin against them, or our sin against others.**
- 12.) Become a source of encouragement to other hurting people**