

Spring Cleaning Challenge:

Working through Forgiveness

For forgiveness to work, you must identify the person who has caused you pain. Who has hurt you so much that when you think about this person, you feel the hurt all over again? Picture in your mind exactly what that person did to you; recall as many of your feelings as you can. Write out the story of how you were hurt.

Then ask yourself these questions:

Do you think this individual has your best interest at heart?

If not, why do you give that person so much influence over your happiness?

Who would you prefer to be responsible for improving your life— you or the person who hurt you?

Are you willing to take back responsibility for your life today?

Are you willing to forgive this person so you can take back your life and move on?