

Tasks of the Forgiver (Offended)

1. See/Acknowledge that your _____ and their _____ is no different in God's eyes.
2. Give up your _____ to get _____.
(put down the _____)

* Litmus test to how well you are forgiving:

"Can I _____ or God's _____
and _____ on them?"

Tasks of the Reconciler (Offender)

1. Accept full _____ for what was done.
 2. Sincerely attempt to _____ the hurt caused.
 3. Make a _____ in behavior (_____).
 4. Be _____ over time with changed behavior.
-

Trust is built when the steps are completed.

| Offender's Name (Who) | Pain Caused (Offense) | How that made me feel. (Emotion)_ | What did that cause me to believe? (Thoughts/Beliefs) | What do they owe me? (Consequence) | What do I need to do now? (Action) |
|----------------------------------|----------------------------------|--|--|---|---|
| | | | | | |