



Forgiveness

1. Forgiveness is letting go of the _____ for revenge and releasing _____ thoughts of bitterness and resentment.
2. For some people, *the* beginning stage or *a* beginning stage of forgiveness is _____.
3. Anger isn't always a bad thing. We need to _____ it in order to eventually let it go.
4. Pillar of Forgiveness #1: Learn to _____ the being from the behavior.
5. Pillar of Forgiveness #2: Recognize the you don't know the whole story.
6. Pillar of Forgiveness #3: Ask for help in _____ the poison of _____.
7. In order to forgive, we need to try and stop _____ ourselves with the suffering that was caused us.
8. Only _____ comes from suffering and to forgive, we must see this, accept this, and _____ course.

9. Four stages of forgiveness:

1. In the first stage, you are _____.
2. In the second stage, you realize that the hurt and anger are not serving you _____.
3. In the third stage, you are someone who has seen how forgiveness works and you have experienced the positive results of _____.
4. In the fourth stage, you are able to _____ not to take offense or be angered or pained in the _____ place.