

Questions for Reflection

E50: Forgive, and Forget?

1. Do you have any old hurts that you haven't truly been able to forgive? Does it feel like that has power over you?
2. Are you able to forgive someone who hasn't acknowledged the harm? If not, are you willing do it for yourself?
3. Do you find it easier to forgive small things or bigger things? What's been your experience?
4. Has there been a time when you offered an apology and not had it accepted? Were you able to forgive yourself? Did it create a need for you to offer forgiveness?

