

Two week Forgiveness Plan!

It's a given that you have a resentment towards your abuser and here is what we do with that:

Terry's Outline for the difficult Forgiveness letter:

Where was I :

- Selfish: What did you want from this person?
- Dishonest: What was the lie that you told yourself about this person?
- Fear filled: What were you afraid of? What were the actions that you were afraid to take? (ex.: I was afraid I wouldn't be believed)
- Inconsiderate: I didn't think about any one else. Because I didn't tell anyone; I wasn't thinking of any one else around me?

- One day process: I forgive you
for _____ (for the act).
- Please forgive me for not forgiving you for

- Thank you for _____ (ex. Thank you for
the woman I am today, thank you for allowing me to take you off the hook so I
could let this memory go).

Two week format: (ten lines for each section for each day process:

- I forgive you for

- _____

- (ten lines for this section for ten days of filling this out)

- Please forgive me for not forgiving you for

(Ten lines for this section: ex. For being angry at you for so long; for not looking at you through God's eyes; As a child of God? For not forgiving you when you were such a sick person?)

- Thank you for

(Ten lines for this section so that each day you can write on this) Ex: for the woman I am today, for all that I learned because of what happened, etc.

Ninth step prayers: (For the family)

God please show me how to find the way of patience? Tolerance, kindness and love in my heart, my mind and my soul. God, show me how to demonstrate these principles to my family and all those about me. (Pg. 83:1)

Ninth step prayer (General)

God, with regards to this amends, give me the strength, courage and direction to do the right thing, no matter what the personal consequences may be. Help me not shrink from anything; help me to not delay if it can be avoided. Help me to be sensible, tactful, considerate and humble without being servile or scraping. (Pg. 79:1 and 83;3)

The Ninth step spouse prayer:

God please show me how to make a (living) amends to my spouse. Help me to keep my spouses happiness uppermost in my mind as I try, with your grace, to make this relationship right (82: 1)