

# Forgiveness – Five Stages to Change

*Forgiveness does not equal forgetting. It is about healing the memory of the harm, not erasing it.*  
-Ken Hart

1. Uncover the injury so that you can complete grieving the loss and heal the wound. 2. Find Readiness to end the bond of resentment so you can release the hurt and the offender and regain peace of mind. Go within and ask for guidance. 3. Do what needs to be done to clear up the problem by offering goodwill, merciful restraint and generous forgiveness. 4. Surrender blame, criticism and wanting to be right. Let go of wanting to control or get approval. Take responsibility for your part, let go of difficult emotions and negative thoughts. 5. Accept the new situation and that the lesson is being learned. Find gratitude and place a blessing so you can turn to face what is ahead. Welcome healing and personal change or growth. You may choose to heal the completion of the forgiveness with a blessing.

*If we could read the secret history of our enemies,  
we would find sorrow and suffering enough to dispel all hostility.*  
-Henry Wadsworth Longfellow (1857)

## Change

**Healing & Growth:**  
Forgiveness Complete, We are Changed

### The Injury

#### 1. Acknowledgement

##### Acknowledge the Injury

Uncover Your Anger and Accept the Pain Underneath it. Tell the Story of Your Grievance, of How You Suffered, Were Betrayed, Hurt and Injured.

#### 2. Readiness

##### Desire: Understand,

Ask for Explanations About the Injury in Order to Understand.  
Look for Internal Guidance,  
Journal, Write, Meditate,  
Find Humility, Pray, etc.

##### Decision: Ready to Forgive

Release Desire for Revenge,  
Hatred, Grudges, Resentments,  
Stubbornness, Pain and Anger.

#### 5. Acceptance

##### Understanding & Acceptance

Looking Ahead  
Offer Empathy & Compassion for  
Ordeals & Mistakes, Stop Judging,  
See the Spiritual Lesson.

#### 4. Letting Go

##### Surrender & Release

Let Go, Surrender My Hurt, Blame & Need  
to Control. Seek the Way of Honor.

#### 3. Pardoning

##### Inner & Outer Action

Rebuilding Safety and Trust.  
Offering Forgiveness.  
Willing to Pardon, Offer Merciful  
Restraint & Moral Love.

## Forgiveness Model