

OUTCOME OF THE FORUM / A TEEN-AGE GUIDE ON RECONCILIATION

Here is the compilation of responses, convictions, and insights put forth

AREAS THAT NEED RECONCILIATION

gossip & rumors
making fun of people
exclusion/being ignored
cliques
power struggles
not listening
undue pressure from friends, parents, teachers, and coaches
racism/discrimination/hate crimes
trust issues - stealing, lying, betrayal
not playing by the rules
violence/violation of others in all forms (physical, emotional, verbal)
drug use/substance abuse/addictions
being full of yourself
low regard for self
prejudice/lack of tolerance
being close minded
poverty
envy/jealousy
unfair expectations
unequal treatment
greed/selfishness
poor attitude/indifference/laziness
family - communication breakdown, lack of understanding, sibling fighting, mistrust, divorce
stereotypes in the media/advertisement
too much emphasis put on fashion
misplaced anger
not respecting someone's beliefs



HOW YOU SEEK FORGIVENESS

through talking
compromise
be honest & truthful
listen well
be faithful to the relationship
be open to constructive criticism
try not to over-react
take it seriously - be sincere
say you are sorry & really mean it
make it up to them
be remorseful - speak from the heart
identify the hurt - get to the issue

HOW YOU CAN FORGIVE

listen well - be understanding
walk in the shoe of the other/do a role reversal
compromise
be patient
look on the bright side
it's cool to forgive
let it slide
confront the person
talk about it
express the way it made you feel
try to understand why they did what they did
take a lot of time to forgive

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HOW TO SEEK FORGIVENESS

agree to resolve the issue
follow through
forgive
be objective
open yourself up emotionally
realize that forgiveness takes time
use the wisdom of others to learn from
don't do the same thing again
admit that you were wrong
think of a solution
give thanks for forgiveness
suck up your pride
realize what you did was wrong
give people time to heal/think
agree to disagree
express how you feel
use actions to show you are sorry
identify how you hurt the other
must be willing to change
ask for it
don't use "I'm sorry" as an easy way out
don't be stubborn, you're not always right
don't be afraid to seek forgiveness
accept when you are wrong
keep an open mind
give the person space
put yourself in the other person's place
respect the opinions of others
say "can you forgive me?"
say "I'll try not to do it again."
first, forgive yourself (laugh at yourself)
prepare for a negative response
ask "WWJD?"
consult with others for advice
once the issue is closed, keep it closed
say I love you
go to Confession
show understanding
show compassion and humbleness
don't make promises you can't keep
seek God's guidance

HOW YOU CAN FORGIVE

understand their background
build trust
forget
criticize the behavior, not the person
take responsibilities for your actions
learn to trust
be open & honest
don't be judgmental
remember that you make mistakes too
see it from their perspective
treat them as you would like to be treated
care for the person's needs
realize that everyone is human
have the desire to forgive
don't hold a grudge (accept apologies)
realize that you don't always have to be right
feel compassion
be mature
think of how God would handle the situation
share God's love
keep promise and don't mention it again
think about their good qualities
don't hold onto anger
open up your heart
look for Jesus in everyone
don't be afraid to forgive
don't be stubborn
don't keep it from anyone (given by God's Grace)
take time to reflect in prayer
realize forgiveness does not make you a weak person
say "I forgive you"
let it go
give a hug
change attitudes (turn over a new leaf)
to love others as you would want them to love you
accept the apology
don't flog a dead horse
don't seek revenge
make a peace treaty with the person
go to church to understand how to be a forgiver
make the first move, don't wait
turn around and walk the other way
teaching the words of Jesus
pray for the strength to forgive the person's actions
ask: Is it worth losing the person if I don't forgive?

What words did I use when I wanted to say I was sorry for hurting someone? Did I say what I really meant? Could I say it better now?

How did I tell someone that I forgave him or her? Did I really mean it? How do I know?

Does a change in me have to take place before I can say "I'm sorry"? What will help me make that change?

What can I do to make sure I really forgive when I say so?

Do I get any pleasure out of holding grudges? How can I prove to myself that it is better to forgive?

Do I find it difficult to forgive myself for the things I do? What can I do about that?

What do the answers I've written above tell me about why and how I want forgiveness to be an important part of my future marriage?
