

Forgiveness Talk – Preparation Sheet

Thank you for agreeing to give a witness talk on forgiveness.

Please prepare to speak for ten minutes about how carrying a grudge against another—and the refusal to forgive—can not only destroy the relationship but damage the person's self-worth as well. Share a personal story that happened to you or someone close to you as part of your talk. Use one or more the following preparation suggestions to help you prepare:

- **What was at the heart of the grudge?**
- **Why did you (or the other person) refuse to let go of the grudge?**
- **What was it like to hear about the person, talk with the person, see the person while the grudge was going on?**
- **What was the meanest thing you and the other person did while the grudge was taking place?**
- **How did you feel while the grudge was going on?**
- **What was the incident or occasion that led to reconciliation?**
- **How did the reconciliation take place (describe)?**
- **What is your relationship like with this person today?**
- **Do you feel that it is possible to forgive and forget (explain)?**