

FORGIVENESS

BELIEFS

- DO YOU BELIEVE THAT WHEN YOU REFUSE TO FORGIVE IT HURTS YOU MORE THAN THE OTHER PERSON?
- DO YOU BELIEVE IT'S POSSIBLE TO REMEMBER FULLY , BUT FORGIVE ANYWAY?
- DO YOU BELIEVE IN "TURNING THE OTHER CHEEK"?
- DO YOU BELIEVE THAT REVENGE IS ACCEPTABLE?
- DO YOU BELIEVE THAT SELF-FORGIVENESS IS SELF-INDULGENCE?
- DO YOU BELIEVE THAT HOLDING A GRUDGE IS SELF-DESTRUCTIVE?

EXPERIENCES

- WHEN SOMEONE HURTS YOU WHAT IS YOUR FIRST REACTION?-TO FORGIVE? TO FEEL HURT? TO STRIKE BACK?
- ARE YOU ABLE TO APOLOGIZE WHEN YOU ARE WRONG?
- WHEN WERE TIMES YOU WERE FORGIVEN? WHAT DOES IT FEEL LIKE TO RECEIVE FORGIVENESS?
- WHEN WAS A TIME YOU WANTED TO GET EVEN IF IT WAS THE LAST THING YOU DO? HOW OFTEN DO YOU FEEL THIS WAY?
- DO YOU FIND YOURSELF MORE CONTROLLED BY RESENTMENTS OR ABLE TO LET GO OF THEM?
- DO YOU TEND TO HOLD GRUDGES?
- DO YOU TRY TO FORGIVE WHENEVER NECESSARY?
- WHEN WERE TIMES WHEN YOU FORGAVE?
- DO YOU TEND TO AVOID APOLOGIES BY MAKING EXCUSES AND RATIONALIZATIONS FOR YOUR HURTFUL ACTIONS?
- IS THERE SOMEONE YOU ARE CURRENTLY HOLDING A GRUDGE AGAINST?
- WHEN WAS A TIME YOU HAD TO APOLOGIZE? WHAT WAS IT FOR? HOW DID IT FEEL?
- WHEN WAS A TIME IT WAS HARD TO FORGIVE BUT YOU DID IT?
- WHEN WERE THE TIMES SOMEONE WOULD NOT FORGIVE YOU? HOW CAN YOU HELP ANOTHER PERSON TO FORGIVE?
- WHAT ARE YOUR MEMORABLE EXPERIENCES OF FORGIVENESS?
- IS THERE A PERSON OR SITUATION YOU STILL HAVE TO MAKE PEACE WITH?
- WOULD YOU EVER SEEK REVENGE AGAINST SOMEONE WHO GOT AWAY WITH SOMETHING? WHAT IF THEY GOT AWAY WITH MURDER? WHAT IF IT WAS SOMEONE YOU LOVED VERY MUCH?
- ARE YOU ABLE TO FORGIVE YOURSELF? DOES IT MAKE ANY DIFFERENCE HOW BIG OR SMALL THE MISTAKE WAS? WHAT IS SOMETHING THAT YOU FORGIVE YOURSELF FOR? WHAT IS SOMETHING YOU'LL NEVER FORGIVE YOURSELF FOR?
- HOW GOOD ARE YOU AT FORGIVING FRIENDS OR FAMILY WHO HAVE LET YOU DOWN?
- IF YOU HAD A FIGHT WITH SOMEONE AND YOU BELIEVED THEY WERE AT FAULT, HOW LONG DO YOU WAIT TO REACH OUT TO THEM?
- DO YOU FIND IT EASIER TO FORGIVE OR HOLD A GRUDGE?
- WHEN WERE THE TIMES YOU COULD NOT FORGIVE?
- WHEN IS IT EASIEST FOR YOU TO SAY YOU'RE SORRY?
- WHEN IS IT MOST DIFFICULT TO SAY YOU'RE SORRY?
- IN WHAT SITUATIONS HAVE YOU HAD TO FORGIVE?
- DO YOU EVER "WALK A MILE IN SOMEONE'S SHOES" BEFORE JUDGING THEM?
- WOULD YOU BE WILLING TO MAKE A LIST OF ALL THE PEOPLE YOU HAVE HURT THROUGH INTENTION OR THROUGH NEGLIGENCE OR DISCOURTESY AND ASK THEIR FORGIVENESS AND MAKE AMENDS TO THEM?
- IS THERE A RELATIONSHIP YOU STILL HAVE A CHANCE TO MEND?
- ARE YOU EVER WILLING TO BE THE FIRST TO MAKE UP AFTER A QUARREL?
- DO YOU FIND THAT FORGIVING HELPS TO LET THE ANGER GO?
- ARE YOU WILLING TO LIST YOUR GRUDGES AND LET THEM GO?