



Journal Activity

- 1. The father did not wait for his son to say he was sorry before he forgave him. Do you need a person to express their sorrow before you forgive? Explain.
- 2. What does it mean to forgive and forget? Is it really possible to forgive someone and then forget what they did to you?
- 3. What do you find harder, forgiving another or asking for forgiveness? Explain.

Ask Yourself

Have I ever hurt somebody and then

been able to heal that hurt?

Has anybody hurt me and then healed. my hurt? Was the healing complete?

Have I ever said "I'm sorry" when I wasn't?

4.

When someone wanted to make up with me, have I ever said "It's okay" when it wasn't?

Do I hate to admit it when I'm in the wrong? If so, why?

When someone has hurt me, feels bad about it, and wants to make up, do I enjoy making that person wait?

7.

When I injure someone and no one gets back at me, do I feel triumphant and say to myself, "I got away with it"? Do I avoid that person? Do I fear punishment someday? How do I feel toward a person I have hurt?

Forgiveness reminds me of (check one or more):

saying I'm sorry. punishment. getting close again. @ a fresh start. @embarrassment. being "nice." lying. ∌ feeling in the wrong. confession.

giving in.

My Mom or Dad makes up by (check one or more):

a private talk. saying that he (she) is wrong. bringing home flowers. cooking something special. a gift. crying. being very quiet for a while.

kissing. doing nothing.

a saying nothing.

When I make up with someone after a fight or a misunderstanding, I like to:

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