

## **Forgive For Good**

### **Session#1**

Who do you have a grievance with?

What happened? (The behavior, the facts)

What feelings do you have about that? ( Identify REAL emotions)

What are/were you afraid of? Mad about? Wanting to avoid?

What are you blaming this person for?

What loss is associated with this experience? What are you grieving having lost or given up?

What happened that you didn't want? What unfulfilled expectations did/do you have for how something should have turned out?

What were/are your unenforceable rules? (Examples: people shouldn't lie, people should be faithful, people should keep their agreements, life should be fair, people should treat me with kindness, people should care about what I want, life should be easy, my past should be different, people should re-pay their debts, etc.)

How did you think this person should have behaved? How did/do you want this person to be different?