

REACH Forgiveness steps

Recall a hurtful experience, what happened? What did you feel & think?

Empathise – defend the person (without agreeing what they did)

Altruism, make the unselfish gift of forgiveness (in order to move on)

Commit yourself to forgive by writing a letter to the person where you explain how they hurt your feelings but that you forgive and move on (you might never show them the letter) (you can still learn to be more careful around that person or keep away).

Hold on to the forgiveness whenever this hurtful episode comes to mind by reminding yourself that you have forgiven.

Some people tear up the letter of forgiveness as a sign that they are letting it go.