

# Forgiveness Reflection

## The Roots of the Hurts and Self-Reflection

*Typically people who are happy and at peace don't hurt other people. Think about the person who hurt you and see how he or she might have been suffering, might have been in turmoil or has lost contact with the goodness inside himself or herself. This exercise is not about justifying his or her actions, but rather an opportunity for you to expand your capacity of empathy and compassion and to see beyond the cloudy and blackened experience into the goodness of the other person.*

**1) The person who hurt me might have been hurting or suffering in the following ways:** \_\_\_\_\_

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*When someone does a behavior that is not in integrity and it affects us it can be a learning opportunity because it forces us to reflect on our own values, ethical framework and to get honest with ourselves of times when we have done something that was unforgivable.*

**2) What did you learn from this experience (about myself, others and life lessons)?**

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**2) Have you ever made a mistake?      YES                      NO**

*It can be difficult to admit that we have done something awful, dishonest or out of integrity. This is a complimentary exercise to the forgiveness of others exercise.*

**3) What is something you have done that someone else might think is unforgivable (past or present)?**

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