

# Willingness to Heal

*Both will complete the section below. Partner A will share PART V and then Partner B will respond using PART VI. Then Partner B will share PART V and Partner A will respond using PART VI.*

**What do I gain by holding onto this hurt...**

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**What do I lose if I hold onto this hurt...**

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**I am willing to allow the healing to begin** YES NO

**Was the apology or acknowledgement of the pain sincere?** YES NO

**I am willing and open to accept the apology.** YES NO

**The response I need from you now that would lessen the hurt and help reassure me is:**

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*If you found it difficult to accept the apology & forgive, I suggest taking 5-10 minutes on a daily basis to set the intention to release the pain of the past and simply ask for healing to enter into your heart.*

*My recommendation is to go out into nature or on the green grass in a park and envision the hurt, anger and sadness draining from your heart, mind, body and soul and being absorbed and transformed by the earth. Take in the positive healing energy of nature.*