

Six Steps to Forgiveness



Step 1: Recognize the Need to Forgive.

Step 2: Identify What Exactly Needs to Be Forgiven.

Step 3: Consider "Intent Versus Impact."

Step 4 (When Needed): Understand and Prevent Intentional Harm.

Step 5: Find Ways to Let it Go: Verbally, Physically, and Spiritually

Step 6: Move On with Joy

See article on this topic, describing these six steps, here:

<https://counselinglibrary.org/wellness/resilience/73-six-steps-to-forgiveness>