

FORGIVENESS WORKSHOP OUTLINE

There will be relaxation and centering exercises, handouts, some lecture and discussion, and quiet time for reflecting and writing notes to oneself.

- I. Introductions
- II. Relaxation and Centering Exercise
- III. Forgiveness Can Heal; Not Forgiving Can Harm
- IV. Misconceptions about Forgiveness
- V. Obstacles to Forgiveness
- VI. Leader's Notes, Lecture and Discussion
- VII. Relaxation and Re-centering
- VIII. Steps in the Forgiveness Process
- IX. Conclusion