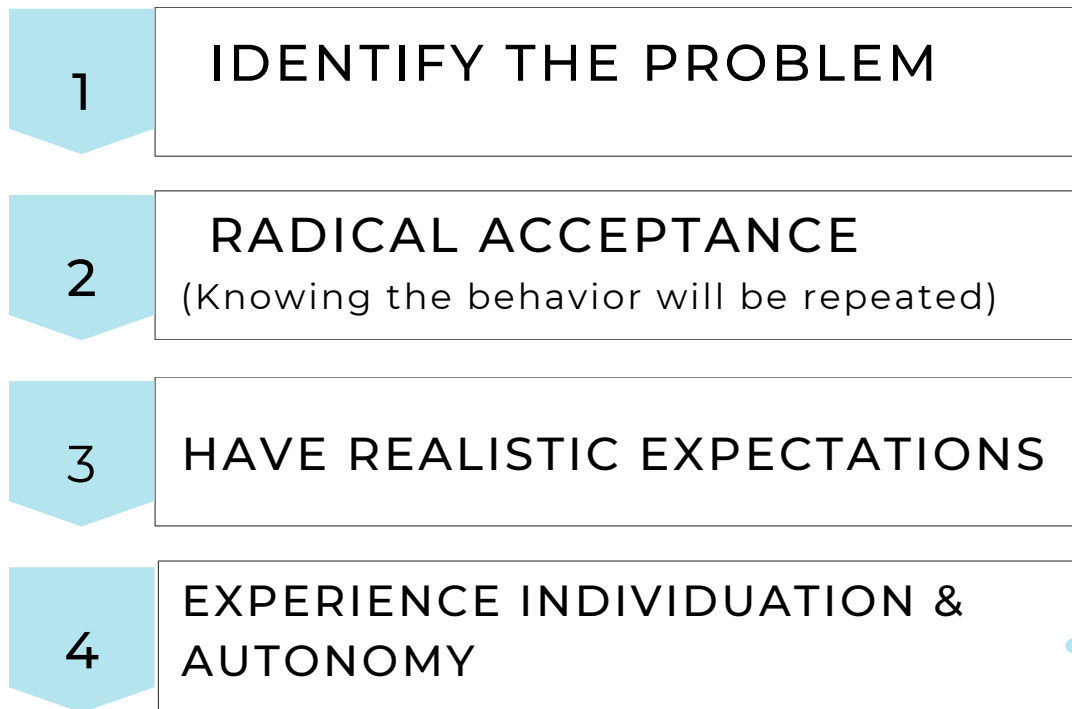


STEPS TO FORGIVENESS

Taken from Dr. Ramani's Oct 22 Workshop on "Forgiveness, Forgetting & Remembering" (Modified for Chart)



AUTHENTIC FORGIVENESS

- A process that takes time because of the trauma/scarring of betrayal
- Happens gradually and is tailored to your specific experience
- It takes as long as it takes
- Feelings of resentment mean you are still giving a part of your emotional self to them.
- Healing will lead you toward forgiveness.
- Involves launching your authentic self separate from the invalidating voice of the N.
- Being able to say, " I understand/ I get him/ I am now living my own life authentically.

Involves detachment & disengagement

Ending Your "Self blame"

F O R G I V E N E S S