

[How to] Forgive someone who has hurt you



Spiritual Self Defense basic technique #3 of 6. Christians are commanded by Jesus to forgive others. And forgiving others takes a huge emotional weight off your shoulders. But few people actually know how to forgive. They try white knuckle, denial, minimizing, rationalizing—none of which work. Here's a better way.

Instructions:

1. Write as much as you want, or
2. Write as little as you want, or
3. Draw pictures instead of writing, or
4. Don't put anything in the blanks, or
5. Do whatever you want. This is here to help you keep track of where you are in the process.

IMPORTANT NOTE: Does this work every time for every person? No. But it might work right now for you. While this is safe for most people, if you are a survivor of trauma, have P.T.S.D. symptoms or other mental health concerns, DO NOT do this without the help and guidance of a trained counselor.

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**Step #1. Focus on the offense that was committed against you.
Let yourself feel the anger and hurt connected with that offense.
(It's there anyway. Denying it won't help you forgive.)**

**Step #2. Think about handing that hurt and anger over to Jesus.
Can you think of any reasons why you would NOT want to give that hurt & anger to Jesus?
Take your time with this. The reasons might not make sense and they might not be based in reality. That's okay. Just identify those reasons and focus in on them.**

**Step #3. Are you willing to receive whatever Jesus has for you in this painful place? (If yes, just say yes to Jesus.)
(Feel free to write down what Jesus shares with you.)**

**Step #4. Are you able to hand this hurt and anger over to Jesus?
If yes, then do so. If no, then repeat Steps #2 & #3.
Once the hurt and anger has been given to Jesus, forgiving that person is easy and automatic.**

Important notes:

You do not necessarily need to inform the person you have forgiven them. Forgiving someone does NOT necessarily mean that you reconcile with them. Reconciliation is based on earned trust. As a rule, you do NOT want to invite an abusive person back into your life.

Too scary? Overwhelmed? Too intense? You probably need to work with a trained counselor or highly skilled transformational prayer minister. They can help create a safe place for you to process your feelings.

Stuck? No problem. Happens to all of us sometimes. You'll find ways to get unstuck in Chapter 5 of Dwight Clough's *Spiritual Self Defense*. See kim51.com/books

Other notes