

15 Minute Fixes: How To Getter Better at Forgiving Others

Directions: Here's a one of the best forgiveness exercises we've ever come across. It comes to us from the world's leading expert on forgiveness, Dr. Robert Enright.

Step #1: Make a list of as many people as you can remember who have hurt you, all the way from your childhood to now.

Step #2: List who the person is, what occurred that was unjust, and your degree of hurt on a 1-to-10 scale.

Step #3: Then order all of these people from the least hurtful (but still a challenge for you now) to the most hurtful.

Step #4: Start with the one person who hurt you the least and go through the forgiveness process with that person. When you think you have accomplished forgiving this one person, and it might take weeks, then go to the next person on the list.

Step #5: Continue until you reach the person who wounded you the most. You then may be ready to forgive this person because you have engaged in a lot of important practice in forgiving and so your forgiveness fitness likely has increased.

My Forgiveness List

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

~Dr. Robert Enright, International Forgiveness Institute

