

Six Steps for Seeking Forgiveness:

1. Admit what you did was wrong or hurtful.
2. Try to understand/empathize with the pain you have caused.
3. Take responsibility for your actions and make restitution if necessary.
4. Assure the other person you will do better in the future.
5. Apologize and ask for forgiveness.
6. Forgive yourself.

Six Steps for Granting Forgiveness:

1. Acknowledge your pain and anger.
2. Be specific about your future expectations and limits.
3. Give up your right to “get even”.
4. Let go of blame, resentment, and negativity.
5. Communicate your act of forgiveness to your partner.
6. Work toward reconciliation