

Forgiveness Discussion Questions

- How did you define forgiveness before reading about it here? Were there any new ideas or changes you made to your understanding?
- How have you been viewing forgiveness as what it is not (according to the bullets listed above - condoning, excusing, justifying, etc.)?
- Have you experienced forgiveness being both a choice and an emotion?
- If forgiveness is an intentional decision, is it possible to “happen upon” it if we are not working towards it?
- What environment (both physical and mental/emotional) do you need to be in for you to be able to replace negative emotions with positive ones towards someone who has hurt you? Why is it important to know what you need in order to move towards forgiveness?
- What does it mean to you for forgiveness to be “outward-looking” and “other-directed”?
- Reflect on a time in your life in which you were forgiven
 - Describe this time to your partner using reflective listening (reference values from the communication portion of E-Hope)