

Six Steps Towards Forgiveness

Remember – FORGIVENESS alone will not restore faith in the injuring person and the relationship. What partners need is a special type of healing conversation that fosters not just forgiveness but the willingness to trust again. Renewed trust is the ultimate goal!

STEP ONE

The hurt partner needs to speak his/her pain as openly and simply as possible. Once the two of you are able to understand the underlying attachment hurts, needs, and fears that are being played out, you can slow down and help each other work through them.

STEP TWO

The injuring partner stays emotionally present and acknowledges wounded partner's pain and his/her part in it. Until the injured partners see this pain has been truly recognized, they will not be able to let it go.

STEP THREE

Partners start reversing the “Never Again” motto.

STEP FOUR

Injuring partners now take ownership of how they inflicted this injury on their lover and express regret and remorse. We have to show that our lover's pain has an impact on us!

STEP FIVE

Injured partners identify what they need right now to bring closure to the trauma.

STEP SIX

The couple now create a new story that captures how they together confronted the trauma and began to heal it. They can discuss how - as a team - they can learn from and continue to heal this injury and prevent further injury.

PLEASE NOTE: *Injuries may be forgiven, but they never disappear. Instead, in the best outcome, they become integrated into your attachment story as demonstrations of renewal and connection.*