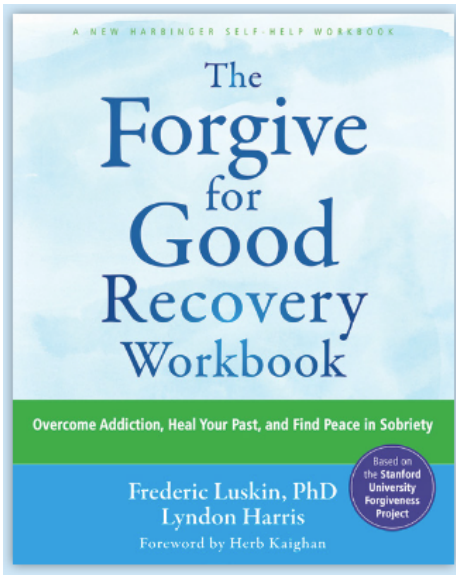




From Dr. Fred Luskin and Lyndon Harris's *Forgive for Good Recovery Workbook* (New Harbinger Press, 2025)

What IS forgiveness?

- ☐ Forgiveness is the peace you learn to feel when you let go of unresolved grievances.
- ☐ Forgiveness is for you and not the offender.
- ☐ Forgiveness is taking back your power.
- ☐ Forgiveness is taking responsibility for how you feel.
- ☐ Forgiveness is about your healing and not about the people who hurt you.
- ☐ Forgiveness is a trainable skill just like learning to throw a baseball.
- ☐ Forgiveness helps you get control over your feelings.
- ☐ Forgiveness can improve your mental and physical health.
- ☐ Forgiveness is becoming a hero instead of a victim.
- ☐ Forgiveness is a choice.
- ☐ Everyone can learn to forgive.

What forgiveness is NOT:

- ☐ Forgiveness is not condoning unkindness.
- ☐ Forgiveness is not forgetting that something painful happened.
- ☐ Forgiveness is not excusing poor behavior.
- ☐ Forgiveness does not have to be an otherworldly or religious experience.
- ☐ Forgiveness is not denying or minimizing your hurt.
- ☐ Forgiveness does not mean reconciling with the offender.
- ☐ Forgiveness does not mean you give up having feelings.
- ☐ Forgiveness does not exclude justice.