



OFFENDER'S WORK TOWARD FORGIVENESS

Becoming able to experience *forgiveness*, healed conscience and restored self-esteem is *not* the responsibility of the offended person, but the *offender*.

To experience forgiveness, one must:

- (1) Acknowledge responsibility for doing wrong
Acknowledge wrongdoing to oneself, to others and to God.
- (2) Grieve
Show understanding and empathy for the pain caused by the behavior.
- (3) Change the behavior
 - Work to change any situational factors and heal emotional factors (woundedness, attitudes, beliefs, etc.) that contributed to the behavior.
 - Apologize with sincere remorse to the person(s) hurt.
- (4) Practice appropriate use of power (Kyros)
Make amends; provide restitution directly to the offended party or symbolically to a related cause/group.

Reconciliation with the offended may now be possible -- *if* and *when* the offended indicates he or she is ready.