

# Timely Tips

from Thinking Well Consulting

June 1, 2009

## This week: A Process Model of Forgiveness

Dear Reader,

### A Process Model of Forgiveness

Developmental psychologist Robert Enright provides a process model of forgiveness that could be applied to forgiveness interventions with individuals or groups.

In an article in the Chronicle of Higher Education (Heller, 1998), he outlines the following *eight steps* toward forgiveness: Acknowledge your emotions. Whether you are angry, hurt, ashamed, or embarrassed (or some combination of the above), acknowledge your emotional reaction to the wrongdoing.



1. **Go beyond** identifying the person who hurt you and articulate the specific behaviors that upset or hurt you.
2. **Make the choice** to forgive.
3. **Explain to yourself** why you made the decision to forgive. Your reasons can be as practical as wanting to be free of the anger so that you can concentrate better at work.
4. **Attempt to "walk in the shoes"** of the other person. Consider that person's vulnerabilities.
5. **Make a commitment** to not pass along the pain you have endured-even to the person who hurt you in the first place.
6. **Decide** instead to offer the world mercy and goodwill. At this stage, you may wish to reconcile with the other person (but that's not necessary).
7. **Reflect** on how it feels to let go of a grudge. Find meaning in the suffering you experienced and overcame.
8. **Discover** the paradox of forgiveness: As you give the gift of forgiveness to others, you receive the gift of peace.

If you **do not** wish to receive weekly Timely Tips, click on the unsubscribe box below.

I love hearing from you. Send your thoughts, questions, and comments. Click on [Just Ask Me.](#)

For more timely tips, go to [Timely Tips Archives.](#)

Have a joyful day,



Flo Mauri  
Thinking Well Consulting

646-270-6276

[www.thinkingwellconsulting.com](http://www.thinkingwellconsulting.com)

[flo@thinkingwellconsulting.com](mailto:flo@thinkingwellconsulting.com)

---