



Reflection:

Creating an Opening for Forgiveness



The Human Story

From the podcast:

The Human Story

S2 E2 - 30/10/2025

Forgiveness- The Work Of Letting Go

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Forgiveness - The Work of Letting Go

“Forgiveness is not about forgetting what happened. It is about loosening the grip that pain has on your life.”

Forgiveness is rarely instant.

It is not a switch.

It is a process of awareness, grief, compassion, honesty, boundaries, and ultimately... release.

These seven steps are not designed to rush you toward forgiveness.

They are designed to help you create **an opening**.

Move through them gently.

There is no deadline.



1. Name What Still Hurts

Healing begins with honesty.

Reflect:

Is there a person, relationship, memory, or season of life that still carries emotional weight?

What feelings arise when you think about it?

- Anger
- Sadness
- Betrayal
- Shame
- Confusion
- Numbness

Journal:

What still feels unresolved in me?

2. Listen To What Your Body Is Holding

Pain doesn't only live in the mind.

It often lives in the body.

Reflect:

- When this memory surfaces, where do you feel it?
- Chest
- Shoulders
- Stomach
- Throat
- Jaw

Journal:

If my body could speak, what would it say about this pain?



3. Allow Yourself To Grieve

Before forgiveness often comes grief.

Perhaps you are grieving:

- the parent you needed
- the friendship you trusted
- the relationship you imagined
- the version of yourself that felt safer

Journal:

What loss am I truly grieving here?

4. See The Human Behind The Hurt

This is not about excusing what happened.

It is about expanding perspective.

Reflect:

- What pain, limitations, or patterns may have shaped this person?
- What might they never have learned?
- What circumstances may have influenced their choices?

Journal:

Without excusing their behavior, what helps me understand their humanity?



6. Practice Self-Forgiveness & Set Boundaries

Sometimes part of healing is forgiving yourself.

Reflect:

- Do I blame myself for staying too long?
- For not speaking up?
- For not knowing better?
- For abandoning my own needs?

And ask:

- What boundary does love require now?

Journal:

What part of myself needs compassion... and what boundary will protect my peace moving forward?

7. Create The Opening

Forgiveness may not happen today.

But willingness can begin today.

Reflect:

What is this pain costing me emotionally, physically, relationally?

What might become possible if I loosen my grip?

Journal:

Complete this sentence:

“Today, I may not be ready to fully forgive... but I am willing to...”



Closing Reflection

Read slowly:

I do not have to rush this.

I do not have to deny what happened.

I do not have to carry this forever.

Healing begins when I create an opening.

Journal:

Continue the Journey.

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