

Forgiveness

Where are you in the forgiveness process? Forgiveness can be defined as how we think about the other person, organization, or event in our mind; how we feel about the other person, organization, or event in our heart; and how we behave towards the other person, organization, or event in our soul.

How do I think about the other person, organization, or event in my Mind?

- ❖ *Factor 1 is Revenge: What is my desire for revenge?*
- ❖ *Questions 3,4,5,15,18,23,25,26,27, & 28 all deal with issues around revenge.*
- ❖ *The minimum score you may obtain for revenge is 10 points.*
- ❖ *The maximum score you may obtain for revenge is 50 points.*
- ❖ *Your score on the desire for revenge factor was _____ points.*
- ❖ *Which indicates a low (10 to 20), medium (21 to 30), high (31 to 40), or very high (41 to 50) desire for revenge.*
- ❖ *Factor 2 is Freedom from Obsession:*