

# 5 Minute Forgiveness

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## Steps for Each Column (Review Examples)

#1: Write a criticism about another person.

#2: Turn the judgment around to make it about you and write, "I don't like myself," in front of it.

#3: Think of a time in your life when you acted a similar way. When was this statement true about you? Write down the example.

#4: Review the "List of Needs" on the back. What did you need when you acted in this way? Select needs and write them down. Imagine asking the other person if they needed this too and write that question down – "Did you need..." Feel how you and the other person are one in the same.

## Now Forgive Yourself and the Other Person

True forgiveness happens when you see yourself in the other person. You understand that people and their actions can't be labeled good or bad, but rather they choose strategies we don't always like to fulfill their needs. Empathy with the other person naturally moves you from a disconnecting response such as, "I believe you are wrong," to "I understand you attempted to fulfill a need in a way that was uncomfortable for me. I see that I do the same thing. I forgive you and myself in our common struggle to be human."

#1 What Happened? I'm angry (hurt, frustrated, sad) when...	#2 Turn it Around I don't like myself when...	#3 Take Responsibility - Own it Think of a time when you acted this way	#4 Understand - Connect What did I need? What did you need?
<i>I'm angry when <u>you</u> don't use <u>my</u> ideas.</i>	<i>I don't like myself when <u>I</u> don't use <u>your</u> ideas.</i>	<i>Students make suggestions for activities, and I don't use them because I'm overwhelmed.</i>	<i>I needed peace and ease. Did you need peace and ease?</i>

## List of Needs: What do I NEED to be my best Self?

### Connection

To be Understood  
To Be Known  
To be Appreciated  
Acceptance  
Conversation  
To Be Heard  
To Listen

### Purpose

Meaning  
Contribution  
Recognition  
To Be Valued  
To Matter  
To Share  
To Serve

### Authenticity

Honesty  
Respect  
Patience  
Fairness  
Truth

### Expression

To Share Stories  
To Be Creative  
To Be Seen  
To Talk

### Independence

Individuality  
Empowerment  
To Be Separate  
Self-Reliance  
Freedom  
Choice  
Space

### Security

Trust  
Stability  
Shelter  
Routine  
Reassurance  
Emotional Safety  
Physical Safety  
Consistency  
Dependability  
Protection

### Nurture

Caring  
Comfort  
Empathy  
Food/Water  
Exercise  
Sleep  
Rest

### Spirituality

Forgiveness  
Harmony  
Hope  
Faith

### Celebration

Honor  
To Give Thanks  
Shared History  
Shared Culture

### Belonging

Friendship  
Collaboration  
Community

### Peace

Relaxation  
Balance  
Beauty  
Quiet  
Calmness  
Order  
Ease

### Growth

To Learn  
To Practice  
To Discover  
Challenge  
Goals

### Play

Curiosity  
Laughter  
Humor  
Movement  
Happiness  
Adventure  
Energy  
Fun  
Joy

### Intimacy

Love  
Relationship  
Touch

This word list is based on the work of Marshall B. Rosenberg and the *Center for Nonviolent Communication*, [www.cnvc.org](http://www.cnvc.org).

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