

Forgiveness & Growth: A Reflective Exercise

Objective: To explore a personal transgression through the lens of positive psychology, uncover meaning, and consider the emotional benefits of forgiveness.

Instructions: Find a quiet space. Use a journal, notebook, or digital device. Write freely and honestly—there are no right or wrong answers.

Recall the Event

Describe a recent situation where someone hurt, disappointed, or betrayed you.

- What happened?
- Who was involved?
- What were the circumstances?

Explore Your Emotions

How did it make you feel. Reflect on your emotional response.

- What emotions did you feel then?
- What emotions linger now?
- How has this affected your thoughts, behaviors, or relationships?

Reframe the Experience

Shift your perspective to uncover meaning and growth.

- What might have motivated the other person's behavior?
- What have you learned about yourself?
- How has this shaped your values, boundaries, or resilience?

Consider Forgiveness

Explore the possibility of letting go.

- What would it mean for you to forgive this person?
- What might you gain by releasing resentment?
- Is holding onto this pain helping or hurting you?
- What would moving forward look like?

Closing Reflection: Create Your Forgiveness Mantra

To complete this exercise, write a personal affirmation or intention that you can return to whenever negative thoughts arise. This mantra should anchor you in compassion, clarity, and emotional strength—something you can breathe through in moments of tension or hurt.

Examples:

- *"I choose peace over pain."*
- *"I release what no longer serves me."*
- *"I am open to healing and growth."*

