

TOWARD FORGIVENESS: THE OFFENDER'S WORK

Becoming able to experience *forgiveness*,
healed conscience and restored self-esteem
is not the responsibility of the offended person,
but the *offender*.



To experience forgiveness, one must:

- (1) Acknowledge responsibility for doing wrong
Acknowledge wrongdoing to oneself,
to others and to God.
- (2) Grieve
Show understanding and empathy for the
pain caused by the behavior.
- (3) Change the behavior
 - Work to heal the emotional antecedents
for the behavior.
 - Apologize with sincere remorse to the
person(s) hurt.
- (4) Practice appropriate use of power (Kyros)
Make amends; provide restitution directly
to the offended party or symbolically to a
related cause/group.

Reconciliation with the offended may now be possible --
if and *when* the offended indicates he or she is ready.