

3A

REACH forgiveness steps

Recall a hurtful experience, what happened? What did you feel & think?

Empathise – defend the person (without agreeing what they did)

Altruism, make the unselfish gift of forgiveness (in order to move on)

Commit yourself to forgive by writing a letter to the person explaining what they did but that you forgive and move on (you might never show them the letter) (you can still learn and be more careful around that person)

Hold on to the forgiveness whenever this hurtful episode comes into your mind by reminding yourself that you have forgiven. Some people tear up the letter as a sign of forgiveness.

Talk to the person beside you about forgiving and whether you would find this REACH process helpful.