



## FORGIVENESS, APOLOGY & RECONCILIATION

---

Discerning the difference between Forgiveness, Apology and Reconciliation supports us in entering these statements with greater integrity, clarity, intention and purpose.

### 1) FORGIVENESS OF SELF FOR CARRYING A THOUGHT / JUDGEMENT / MEMORY / DISTURBANCE

I forgive myself for carrying the thought / judgment / memory / disturbance that...

### 2) FORGIVENESS OF ANOTHER FOR THEIR CARRYING A THOUGHT / JUDGEMENT / MEMORY / DISTURBANCE

I forgive my neighbor for their carrying the thought / judgment / memory / disturbance that...

### 3) APOLOGY OR ASKING FOR FORGIVENESS

I apologize for carrying the thought / judgment / memory / disturbance that...., which prompt me to .....

I ask you to forgive me for carrying the judgment / thought / disturbance that..., which prompt me to .....

### 4) RECONCILIATION

We apologize one another for carrying the thought / judgment / memory / disturbance that..... which prompted us to.....

We forgive ourselves and one another for carrying the thought / judgment / memory / disturbance that..... which prompted us to.....