



“KEY CORE BELIEFS” ADDITIONAL ACTIVITIES
CHAPTER 11: Developing Forgiveness

ACTIVITY 1: Actions to be taken to develop forgiveness in relationships

After reading Chapter 11 in “KEY CORE BELIEFS: Unlocking the HEART of Happiness & Health,” try your hand at the following exercise. In order to increase your ability to forgive, you need to recognize what this behavior involves. Answer the following questions:

What does it mean to forgive someone in a relationship?

Have you ever been forgiven in a relationship? How did it feel?

Has anyone ever brought up something from the past to remind you how you hurt a person? How did that make you feel?

What role do you feel forgiving has in your relationships? How could you improve?

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How has the absence of forgiving affected your current relationships?

What are the signs of the absence of forgiving in your relationship with your:

Family of origin

Current family

Significant others

Spouse

Children

Parents

Relatives

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Friends

Coworkers

What Negative Core Beliefs block your ability to forgive? What would be necessary to change these beliefs to Positive Core Beliefs?

What new behavior do you need to develop in order to increase your ability to forgive?

Whom do you need to forgive?
