

ADAPTATION FROM LOVE HABITS BY MARCI BELL, MA, LPC

Checklist 11-1: Banishing forgiveness myths. The following is a list of 10 truths about forgiveness that combat the most common forgiveness myths.

PERSONAL
REFLECTION

WHICH
FORGIVENESS MYTHS
HAVE YOU BELIEVED
TO BE TRUE?

IS A FORGIVENESS
MYTH HINDERING
YOU FROM
FORGIVING SOMEONE
WHO HAS HURT YOU?

- ✓ Forgiveness is **not** a feeling (even though you will feel better for having done so).
- ✓ Forgiveness is **not** necessarily the end of my hurt feeling.
- ✓ Forgiveness is **not** the same as forgetting the offense.
- ✓ Forgiveness does **not** mean that I have to be a party to (or cover up for) the offense.
- ✓ Forgiveness does **not** mean that I think what you did was OK.
- ✓ Forgiveness does **not** mean that I have to understand *why* you did what you did.
- ✓ Forgiveness does **not** mean that I can never talk about it again.
- ✓ Forgiveness does **not** mean that I will allow it to happen again.
- ✓ Forgiveness does **not** mean that I won't have anger feelings that I must work through.
- ✓ Forgiveness does **not** mean that I must accept abuse, bad behavior, or any attitudes that are destructive to my marriage.

Assessment 11-2: Releasing vs. resenting.

PERSONAL
REFLECTION

ARE YOU MORE
LIKELY TO RELEASE
ISSUES OR HARBOR
RESENTMENT?

- If I say that I have made the choice to forgive my fiancée for causing me emotional pain, and yet I am secretly trying to get even with him, then I really haven't completely released the debt through forgiveness.
- If I purposefully try to punish or discipline my partner so that she will never again do this thing I don't like, then I may have more releasing to do.
- If I say that I've forgiven my loved one, but I'm keeping score of his offenses in an attempt to further convict his character, I haven't fully released the issue.
- If I say that I've forgiven my spouse, but I talk about her in a very derogatory way to my friends and family, then I have not fully released this matter.
- If I tell my boyfriend that I have forgiven him, but I can't seem to stop making bitter, snide remarks to him, then I probably haven't fully released the issue.