
FORGIVENESS & HEALING

The Forgiveness Framework

What forgiveness is, what it isn't, and how to practice it when everything in you wants to hold on.

Boundary Agreement Resource Library

Dr. Hines Inc. | boundaryagreement.com

This guide is a coaching resource, not therapy or counseling.

What Forgiveness Is Not

Forgiveness is not pretending it didn't happen.

You do not have to minimize what was done to you. Acknowledging the full weight of the offense is part of the process, not a barrier to it.

Forgiveness is not instant.

'I forgive you' is not a magic phrase that erases pain. Real forgiveness is a decision you make repeatedly, sometimes daily, until the grip loosens.

Forgiveness is not trust.

You can forgive someone and still not trust them. Forgiveness is about releasing the debt. Trust is about future behavior. They are separate.

Forgiveness is not reconciliation.

Sometimes you forgive and restore the relationship. Sometimes you forgive and walk away. Forgiveness does not obligate you to stay.

Forgiveness is not weakness.

Holding onto resentment feels like strength. It is not. It is a chain. Forgiveness is the decision to stop drinking poison and expecting the other person to get sick.

What Forgiveness Is

Forgiveness is a decision to release your right to retaliation. It is not a feeling. It is a choice. You choose it when you do not feel like it. You choose it again when the anger comes back. You choose it because holding onto it is destroying you more than it is punishing them.

*"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." **Colossians 3:13***

EXERCISE: The Forgiveness Process

Work through these steps at your own pace. There is no timeline.

What specifically do I need to forgive?

How has holding onto this affected me personally?

How has it affected my relationship?

What would my life look like if I released this?

Am I willing to begin the process even if I do not feel ready?

What do I need from my partner to move forward?

What do I need from God to move forward?

EXERCISE: The Daily Release

For 14 days, write this statement each morning. Even when you don't mean it yet.

Day 1: I choose to release _____

Day 7 check-in: Has anything shifted? What do I notice?

Day 14 check-in: Where am I now compared to Day 1?
