

QUESTIONS

- What does it take for any of us to forgive those we just can't seem to forgive?
- What is it about forgiveness that is so difficult?
- Even when we know that it is in our best interest to forgive – we agonize over it. Why?

FORGIVENESS MYTHS

- Forgiving means the offender “gets away with it”
- We must forgive and forget
- Forgiveness shows weakness
- Forgiveness must be earned
- Forgiveness is only a religious belief

