

Name \_\_\_\_\_

Date \_\_\_\_\_

# RELAPSE PREVENTION

## WORKSHEET

**During the decision phase of forgiveness, you will gain a deeper understanding of what forgiveness is, and make the decision to choose or reject forgiveness as an option.**

Without looking at a definition, how would you describe forgiveness?


**Many people struggle with the decision to forgive because they know that they have the right to be angry, while the offender does not have the right to kindness. Making the decision to forgive means letting go of these resentments-which you have every right to hold-so you can heal.**

What are the pros and cons of deciding to forgive the person who wronged you?

Pros	Cons

Whether or not you've made the decision to forgive, describe how things might be different if you decide to do so. Be as specific as possible.
