PATHWAYS TO FORGIVENESS

(Re)Process

Empathy
Seek understanding by processing the experience with the intention of gaining a new perspective and clarity.

Meditate, Reclaim, Share

Recall
Think about what occurred with intention.

Acknowledge the experience

Accept that it happened

Perception Checking
Why did this happen? Can I see this event from a different perspective? Can I see it with new eyes? How do others understand the situation?

Evolve, Heal, Replace

Surprise, Frustration, Remorse, Confusion, Disgust

Joy, Anger, Guilt, Empathy, Peace

Grief, Shame, Love, Shock

Allow yourself to feel
Feel your emotions fully and without judgement. Emotions are natural human responses to situations. It is OK to feel.

Free yourself from the negative emotions that keep you from loving and accepting yourself and others more fully.

Gift yourself the ability to let go

Replace negative feelings with new memories, new stories, and growth. Be vulnerable, empathetic, and compassionate. Be open with others about what you are going through, how you are feeling, and how you want to feel. When we are honest with each other, we notice we are not alone. When we begin to see the world from different perspectives and feel how others feel, we begin to see that we are not alone. When we embrace difference with compassion and work together to make our world better, we stop standing, fighting, and working alone. This process of healing allows us to find the beauty and dignity in difference.

Practice Mindfulness

Begin thinking about how your biases and the biases used against you infect our world, our communities, and yourself. When we seek forgiveness before prosecution and hate, we create better interactions with those who are different. When we allow ourselves to see others more fully and with more complexity, we engage in conversations that don’t begin with bias.
The Justice Fleet

Fostering healing through dialogue, art, and play.