

Forgiveness Terms –

Harbor - to hold safe, cling to, or provide home for

Resent – feeling of regret, injury, insult, or indignation

Grudge – permitting or holding onto ill feelings; to delight in or project a negative outcome

Offend – irritate, violate, or cause transgression, pain and distress

Bitterness – having the prolonged quality of an acid taste

Bondage – enslaved, held hostage, controlled

Freedom = no longer confined to, exempted from outside restraint

1. Admit it, Quit it, Forget it! (OR)

2. Nurse it, Rehearse it, Disperse it!

- a. Take responsibility for what you should.
 - b. Don't live with a victim mentality.
 - c. learn healthy boundaries for the future.
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Validate – to confirm, substantiate, have a verified belief

Confrontation – to see reality face to face, or to examine the opposing viewpoint

Reconciliation – to win over to a friendly state of harmony and agreement

To settle a dispute, to restore unity

Denial – refuse to believe, or sacrifice the truth. To pretend it didn't happen

Sanction – approve of or permit to continue, with the appearance of reward or benefit

Endorse – positively acknowledge, and give support for the continued course

Release – to free from pain or obligation. To relinquish or surrender by allowing closure.

** How do pride and humility play into this?*