

WB 2.9d — Forgiveness Process

Use with Chapter 9 (The Repair) in the manual, Chapter 8 in *Shoulder the Bill*. Complete only from a regulated state.

Purpose Forgiveness here is releasing a grievance for your own well-being — not approving what happened, not requiring contact, and never required if contact would be unsafe. It is a decision you can renew each time the grievance resurfaces.

How to use this page

When: Work only from a regulated state. Move at your own pace; there is no timeline, and skipping this is a valid choice. For a deep or long-held grievance, treat this page as a first step in an ongoing process, not a one-time resolution — you can return to it as many times as you need.

Done when: You have made a conscious decision about one grievance and have a phrase to renew it when it returns.

Worked example

What happened: a betrayal by someone close, named plainly.

Understanding (not approving): they were repeating what was done to them.

My decision: I release this for my own peace. I will renew it when it resurfaces.

Anchor Phrase: 'Repair is part of strength.'

Protocol: 1. Recall. 2. Empathise (understand, not approve). 3. The altruistic gift. 4. Release.

Loop stage: Act → Connect → Recover

Recall — what happened, specific, without minimising or inflating:

Empathise — how might this person have come to do what they did (understanding, not approving):

A time when I needed forgiveness and someone extended it:

Release statement: "I am releasing this grievance for my own well-being."

My phrase for when the grievance resurfaces:

☐ Self-Reward Loop completed