**A PAUSE, A PRACTICE, A NEXT STEP**

# Forgiveness

You get to choose what healing means for you.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

**Begin with your needs**

Ask what would support you now: safety, distance, being heard, or practical help. You do not need to decide about forgiveness today.

## 01 / Notice and reflect

What am I being pressured to do?

## 02 / Notice and reflect

What would care look like?

## 03 / One next step

What will I try next, and what support would make it easier?

When to seek help: A trauma-informed counselor can help with ongoing distress. For abuse or threats, seek private safety support before any contact.

Read more: American Psychological Association · Understanding forgiveness

More tools and immediate support: Our Healing Room / Crisis Support.