

Creating A Forgiveness Ritual

Many couples find it is very healing to create their own forgiveness ritual. You can use your own creativity to adapt this worksheet into something more personal.

Step 1: Complete these three sentences:

The thoughts, feelings, and memories I've been holding on to are:

Holding on to all this has hurt our relationship in the following ways:

I want to build a better relationship, based on the following values:

Step 2: Write, in your own words, a commitment to let all these painful thoughts and feelings come and go, again and again and again, no matter how many times they come back, without holding on to them or getting caught up in them:

My commitment is to ...

Step 3: Choose a special place and read your answers aloud to each other. This could be anywhere from a special room in your house, to a park or a beach. As one partner reads, the other listens mindfully and compassionately. Discuss this in advance, and write down what you will do:

Step 4: Do something that symbolizes starting over—for example, burn the letters and scatter the ashes. Discuss this in advance, and write down what you will do:

Step 5: Do something to connect lovingly—for example, kiss, hug, go out to dinner, or have a bath together. Discuss this in advance, and write down what you will do: