

The Infidelity Recovery Institute

Fears about Forgiveness

We all have a forgiveness history that began in our family of origin and continued to develop in our marriage. That history certainly influences and often contaminates our forgiveness practices. It will continue to do so until you individually have sorted through it all. Below are some exercises to help you do just that.

What has been my experience with forgiveness?

Have I been easily forgiven? Do I forgive easily?

Have the ones who have hurt me quickly identified their wrongdoing and corrected their behavior?

Have people in my past apologized and only used it as an escape from punishment without changing their behavior?

What are my three greatest misgivings about this whole forgiveness process?

1.

2.

3.
