

Name: _____

PRACTICING FORGIVENESS

Draw a picture or write a paragraph about someone who upset you. What did they do that was upsetting?

Now list as many reasons as you can think of that this person might have said or done what they did to you. (Were they tired? Had they had a bad day? Was it an accident?)

- 1.
- 2.
- 3.
- 4.
- 5.

Now that you've thought about these different reasons, do you think it will be harder or easier to forgive this person? (circle one)

Easier

Harder

Why?