**Playbook to Inject the Healthy Undercurrent of Forgiveness**

*Unhealed Wound Seed*

**“The Apology” Healing the Family Heart**

**Who:**

* Mom & Austin

**What:**

* Mom will apologize to Austin for the pain caused by her loss of control and subsequent abuse.
* Austin will apologize to mom for his misbehavior and for his own aggression designed to inflict pain on mom.

**When:**

* Monday, October 19th 6:00 PM.

**Where:**

* At home with PLL Coach & PLL Case Manager and grandparents.

**How:**

* Mom will work with the PLL Coach to write her script to insure that she communicates her sorrow for her son’s pain and her love for Austin.
* Austin will work with the PLL Case Manager to write his script to insure that he communicates his sorrow for his aggression and for the pain he caused to his mom by his own aggression.
* Both will create a “lie Monster” to post in their house to serve as a reminder of the “Truths” of who they each are.

![C:\Users\Ellen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WJD2JFE9\MC900435921[1].wmf]() The Lie Monster

**Austin: …**

**Mom: …**



Austin: when I mess up, it proves that I am really bad

Austin: Mom will not really change

Mom: I can’t control my emotions…

Mom: I must be a bad mother

Austin: I really am a “bad kid”

Mom: If Austin misbehaves, he has not forgiven me

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| **Forgiveness Definition**  |
| **What Forgiveness is NOT** | **What Forgiveness IS** |
| * ***Forgiveness does NOT excuse or say the perpetrator’s behavior is Okay.*** *It does not attempt to explain away the perpetrator’s behavior by pointing to extenuating circumstances.*
* ***Forgiveness does NOT deny the wrong acts of the perpetrator****. In fact, true forgiveness can only be offered after you have come to terms with reality…when you can admit, “This person actually did or said this to me.”*
* ***Forgiveness does NOT mean that you must pardon what the perpetrator did or justify it in any way***
* ***Forgiveness does NOT mean that the victim must reconcile with the perpetrator.*** *Reconciliation requires the participation of two people and the person you are forgiving may not be able to or want to see or talk to you. Additionally some things can never be the same and you may not desire to have a relationship with the person you forgive.*
* ***Forgiveness does NOT erase memories.*** *It is a demonstration of great grace when you are fully aware of what occurred and you still choose to forgive.*
 | * ***Forgiveness IS a choice, not a feeling.*** *It is a conscious decision that you will no longer dwell on the wrong that was done to you and that you will develop a lifestyle of not filing wrongs away in your mental computer to be reviewed again and again*
* ***Forgiveness is a letting go of bitterness.*** *Bitterness is an inward condition characterized by an excessive desire for vengeance that comes from deep resentment. Bitterness shows itself in various ways such as losing your temper frequently, irritability, obsession with getting even, depression, or a constant negative perspective. Letting go of bitterness is painful because it hurts when you kiss revenge goodbye. But the reward is an open invitation to joy and peace.*
* ***Forgiveness takes place in the heart of the forgiver and requires nothing on the part of the offender***
* ***Forgiveness includes forgiving yourself.*** *There is no lasting joy in forgiveness if it does not include forgiving yourself. One of the most painful feelings in the world is guilt and forgiveness is worthless to you emotionally if you do not forgive yourself.*
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| *Enright & Coyle, (1998)* |