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

*Unhealed Wound Seed*

A Message from the Documentary “The Human Experience”



**Who:** Jason, Dad, Mom, Sarah (younger sister)

**What:**

* Watch a selected clip from the movie “The Human Experience” – released March 29, 2011
* Together, find the answers to the following questions:
	+ Who seems to pursue the reconciliation in this father-son relationship?
	+ Does the father apologize and take responsibility for his part in the severed relationship?
	+ How does the son respond to his father’s comments about the past?
	+ Why do you think the son is so quick to forgive his father even when he doesn’t ask for it or deserve it?
	+ Why is forgiveness necessary for the total restoration of a relationship?
	+ If a relationship cannot be restored, can forgiveness bring healing for the forgiver?
	+ What does forgiveness mean for the forgiver?

**When:**

* Next Tuesday during your family therapy session

**Where:**

* In the therapist’s office

**How:**

* **Play Selected Scene** (clip sent by PLL Supervisor)
* Discuss the questions above
* Discuss what action steps are now needed to maintain forgiveness – these action steps might become a second playbook

**Therapist’s Guide for this Playbook**

**Suggested Viewers:** Families or individuals who…

* Are holding on to un-forgiveness.
* Desire reconciliation in a distant or a severed relationship.
* Are waiting on an apology that they may never get.
* Have abandonment or betrayal wounds.
* Have a strained parent-child relationship due to parent’s past failures.

**Script for Setting up the Scene:**

The clip I am about to show you is from a documentary titled *The Human Experience.* In the film, a group of young men set out to understand the true essence of the human spirit. Gorgeously filmed and masterfully narrated, THE HUMAN EXPERIENCE explores with depth and compassion what it means to be a human being.

**In this scene you will see….**

A father and son meeting for the first time in over 10 years after turmoil and heartache had separated their family.

**Look for….**

* Who seems to pursue the reconciliation in this father-son relationship?
* Does the father apologize and take responsibility for his part in the severed relationship?
* How does the son respond to his father’s comments about the past?

**Play Selected Scene:**

* Scene from The Human Experience-Jeff and his father are re-united

**Discussion Questions:**

* Who seems to pursue the reconciliation in this father-son relationship?
* Does the father apologize and take responsibility for his part in the severed relationship?
* How does the son respond to his father’s comments about the past?
* Why do you think the son is so quick to forgive his father even when he doesn’t ask for it or deserve it?
* Why is forgiveness necessary for the total restoration of a relationship?
* If a relationship cannot be restored, can forgiveness bring healing for the forgiver?
* What does forgiveness mean for the forgiver?

**Main Lessons:**

* It is difficult but not impossible to forgive someone who does not ask for forgiveness.
* Forgiveness is necessary for total healing.
* Life goes on in spite of inevitable failures.
* It is never too late to forgive and begin healing.