

# REACH - An Approach to Forgiving Others

A worksheet to help you achieve the happiness and health benefits of forgiveness

From the work of Psychologist Everett Worthington, world scholar on forgiveness. Find more at: <http://www.eworthington-forgiveness.com/>

<p><b>R is for "recall"</b> Remember the hurt that was done to you as objectively as you can.</p>	
<p><b>E is for "empathize"</b> Try to understand the viewpoint of the person who wronged you.</p>	
<p><b>A is for "altruism"</b> Think about a time you hurt someone and were forgiven, then offer the gift of forgiveness to the person who hurt you.</p>	
<p><b>C is for "committing"</b> Publicly forgive the person who wronged you.</p>	
<p><b>H is for "holding on"</b> Don't forget the hurt, but remind yourself that you made the choice to forgive.</p>	