

1 Hour Session Increases Self/Other Forgiveness

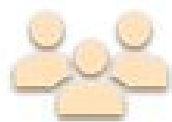


Forgiveness
Didactic on pluses
for physical &
mental health



**Audio
Guided
Meditation**
15 min

3 Elements

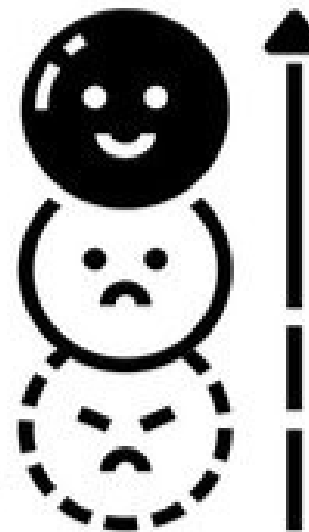


**Small Group
discussions &
debriefings**

Reaffirm Authentic Self:
Strong, caring, creative
Competent, wise

Remind Always Learning:
Make mistakes, can't fix
Intention: to help, do best

Acknowledge Inner Critic:
Judgmental, mean spirited,
harps on mistakes



**Significant pre-post
increase in:**

- Self Forgiveness
- Forgiveness of Others

Heartland Forgiveness Scale