

Enright Forgiveness Process Model

PRELIMINARIES

- Who hurt you?
- How deeply were you hurt?
- On what specific incident will you focus?
- What were the circumstances at the time? Was it morning or afternoon? Cloudy or sunny? What was said? How did you respond?

PHASE I—UNCOVERING YOUR ANGER

- How have you avoided dealing with anger?
- Have you faced your anger?
- Are you afraid to expose your shame or guilt?
- Has your anger affected your health?
- Have you been obsessed about the injury or the offender?
- Do you compare your situation with that of the offender?
- Has the injury caused a permanent change in your life?
- Has the injury changed your worldview?

PHASE 2—DECIDING TO FORGIVE

- Decide that what you have been doing hasn't worked.
- Be willing to begin the forgiveness process.
- Decide to forgive.

PHASE 3—WORKING ON FORGIVENESS

- Work toward understanding.
- Work toward compassion.
- Accept the pain.
- Give the offender a gift.

PHASE 4—DISCOVERY AND RELEASE FROM EMOTIONAL PRISON

- Discover the meaning of suffering.
- Discover your need for forgiveness.
- Discover that you are not alone.
- Discover the purpose of your life.
- Discover the freedom of forgiveness.

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