

MISCONCEPTIONS AND TRUTHS ABOUT FORGIVENESS

TRUE OR FALSE

- T F 1. When Forgiving, I should always try to forgive and forget.
- T F 2. It's good to get angry when I am trying to forgive.
- T F 3. I should give up all hard feelings towards the person I forgive.
- T F 4. I should try to forgive others quickly and completely.
- T F 5. Over time, my hurt will go away and my forgiveness of the other person will take care of itself.
- T F 6. If I've forgiven, I will never have feelings of hatred against those who have hurt me.
- T F 7. If I forgive, I am in some ways saying that what happen to me didn't matter.
- T F 8. Forgiveness is basically a one-time decision. Either I forgive or I don't.
- T F 9. I can't forgive until the person who hurt me repents.
- T F 10. I should forgive even if the person who hurt me does not repent.