

## **The MTL Forgiveness Exercise**

- Step 1) Envision the persons or things that you are to forgive.
- Step 2) Tell them why and for how long you have resented them.
- Step 3) Tell them how you have held them, that is, what you have accused them of and how you have cursed them.
- Step 4) Tell what you have done, said about them and what you have missed out of because of this resentment.
- Step 5) Ask for forgiveness from them and say that you will no longer hold them in contempt. Keep saying this until you believe that you really mean it.
- Step 6) When the resentment returns, do these steps again.
- Step 7) If it is practical (use your judgement), go through steps 1 through 5 with the person you are forgiving.