



Educational leaflet · 06

Six steps towards forgiveness

Inspired by Colin Tipping's method. Forgiveness does not mean denying the harm or excusing it. It is a process that can help you regain inner freedom and turn your attention towards the future. Forgiveness is a decision, and you can forgive others as well as yourself.

1 Pause. Notice a situation that still stirs emotions in you.

2 Acknowledge what you feel. Name your emotions and allow yourself to experience them.

3 Accept your story. Recognise that what happened is part of your experience, but it does not have to define your future.

4 Look wider. Look for a new perspective, without dismissing your own feelings or excusing the harm.

5 Reclaim your agency. Consider what you can do today to care for yourself and your life.

6 Choose freedom. Decide what you want to carry forward, and what you can gradually leave behind.

Forgiveness happens at your own pace. You don't have to force anything; it is enough to take the next small step. You can always return to this process with a therapist or psychologist.



WWW.ZEUSREHAB.COM
TEL. +48 537 677 773