NEW DAY RECOVERY

Session 14 Handout

Receiving Forgiveness

From Session 14. Receiving is an act, like receiving a pardon or a gift. Feelings follow at their own pace; reception does not wait for them.

Name: _____ **Date:** _____

My blocker

☐ Self-punishment — my misery feels like paying, as if it were installments on a debt.

☐ Disbelief — my case is the exception.

☐ Fear of presuming — accepting forgiveness too easily would be arrogance or would cheapen the harm.

☐ A debt genuinely still owed — restitution comes in Week 5, and this verdict waits for that work.

The written exercise

The case I keep re-trying is:

The facts I have faced and the repair I have made or am making are:

Today I practice receiving that by (a concrete act — telling my coach, putting the written statement in my workbook cover, doing the next right thing on my plan):

The REACH steps: R — Remember the hurt honestly; E — Work to understand; A — Give the gift; C — Commit to the choice; H — Hold on.

Homework: practice the reception act daily. Each time the old case reopens in your mind, say the verdict sentence aloud once and log it.