

THE 5 STAGES OF RADICAL FORGIVENESS

1. TELLING THE STORY

1. Having your story **heard, witnessed** and **validated** is the first step to letting it go. Likewise, the first step in releasing victimhood is to own it fully. So, in this step, the group willingly and compassionately listens to you tell your story, and it is honored as your truth in the moment.

2. FEELING THE FEELINGS

2. Your feelings represent your authentic power. Your strength lies in your vulnerability and your willingness to show up as fully human. You cannot heal what you don't feel. When people access their pain, this is the beginning of their healing.

3. COLLAPSING THE STORY

3. This takes the power out of the victim story you made up. It's mostly interpretation, anyway. Withdraw your energy from it and then let yourself move towards what is really true. Bring understanding, mercy, compassion, empathy into it. Walk in their shoes for a while.

4. REFRAMING THE STORY

4. Here we replace the 'illusionary' story with another story — the Radical Forgiveness 'story.' This one says that what appeared to have happened, far from being a tragedy, was in fact exactly what we wanted to experience and was in that sense, absolutely perfect.

5. INTEGRATION

5. It is necessary to integrate that change at the cellular level. That means integrating it into the physical, mental, emotional and spiritual bodies, so it becomes a part of who you are. Breathwork, walking, physical work, doing worksheets, etc.