

## Forgiving when there is Nothing Left to Forgive: A Possible Script

–Roberta Wall [www.steps2peace.com](http://www.steps2peace.com)

After you have transformed any ideas of wrongness, blame or shame or guilt—or only in service of doing that... (first using role plays, getting empathy and working through other worksheets are helpful for this) ...And what is left for you is something like sadness or confusion or softness or a “sweet pain,” all from a yearning to heal yourself, to understand others and maybe also heal this relationship and our world...

Ask the other person if they would sit with you for a while and support your healing and understanding and connection... (If you hear a yes from them and you trust it is authentic from them, proceed to):

\*When I heard you say/ saw you do\_\_\_\_\_

\*Strong feelings came up in me because of my history

\*And I’m wondering if you would help me deal with this

(If you hear a yes and you trust it is authentic from them, proceed to):

Thank you.

When that happened, I gave a meaning to it, because of my own history of pain....

\*I told myself you were doing that because (e.g., you don’t care about me or our relationship, or the planet or immigrants or people of color, women, children, gays, the trees...etc.)\_\_\_\_\_ And again, I know this is my story because of my history.

\*And this pain still lives in me because my heart is so yearning for/ because I so want/need/ value\_\_\_\_\_

So, would you tell me if that is the meaning you gave also? If that is what you wanted me to hear in what you said or did?

Now you listen! With the ears of healing, understanding, connecting, for their feelings and needs. For their meaning. Yes, this is likely very vulnerable for you. It is Radical Inclusion.