



REACH Model of Forgiveness

Directions: Identify an issue that you would like to explore with the REACH model. Initially, you may want to start with less emotionally charged events before moving on to greater offenses. Once you have selected an appropriate event, please use the five steps to begin a process of forgiveness.

1) R: Recall the hurt (reflect on it and whether your feelings intensify upon recollection; perhaps rate level of intensity, 1-10): Low intensity 1 ---- 2 ---- 3 ---- 4 ---- 5 ---- 6 ---- 7 ---- 8 ---- 9 ---- 10 highest intensity

2) E: Empathy with the transgressor (try to see the event through the eyes of the offending person; imagine his/her thoughts and feelings at the time)

3) A: Altruistic gift of forgiveness (reflect on times you have hurt others and received forgiveness -from others and from God- and how you felt)

4) C: Commit to the emotional forgiveness (commit to extend the grace/forgiveness you have received to the offender)

5) H: Hold onto emotional forgiveness (it's normal to have doubts from time to time, but hold onto the forgiveness anyway. Some may make a certificate stating time and date to remind them of when they forgave the offender, or make a memento to remind themselves of the decision they made when in doubt.)

REACH Narrative Worksheet

Directions: Take some time and read through the narrative. After reading through the narrative, answer the questions below it regarding how you would react to the specific situation.

After a long day at work your partner returns home. You are excited to greet them and to talk about your day with them, but then they walk in the door they immediately snap at you regarding the condition that the house is in. You have been working all day as well, so this comes across as being extremely rude and unfair. You address this and your partner states that they worked much harder than you at work and it was your responsibility to take care of the house. The conversation escalates and you decide to walk away. Later on, your partner comes to apologize to you for the comments that they made.

- i) How would you feel if your partner made comments like this to you?
- ii) How difficult would it be for you to feel forgiveness toward your partner?

- iii) How difficult would it be for you to express forgiveness toward your partner?
- iv) What would forgiveness look like for you?
- v) How would you use the REACH Model to begin the process of forgiving in this situation?