



Forgive for Health Ministries

Healing Relationships for Good

PERSONAL FORGIVENESS CONTRACT

Name: -----

Date: -----

I, -----, now vow to abide by this contract to create and maintain a healthy lifestyle. I will do so by forgiving----- or other individuals who hurt me in the past.

I agree to live in such a way that I do not return to living in unforgiveness. Starting today, I plan to work to let things go, not because my transgressor deserved it but because forgiving those who hurt me is my ticket to freedom. The purpose of this contract is to maintain a healthy body, mind, soul, and spirit. Therefore, I will avoid any behavior that will compromise my stance and use the following approach or another evidence-based approach to continue the forgiveness process.

{R}-Recall the hurt.

{E}-Empathize with those who hurt me.

{A}-Offer the Altruistic gift of forgiveness to my offender.

{C}-Commit to forgive publicly by signing this contract.

{H}-Hold on to this forgiveness and remind myself that I am doing this for myself.

This month/year, my goals are (Circle what you plan to do):

1. To remain accountable to my family, friends, and me.

2. To pray for those who hurt me in the past

3. To forgive me

I, -----**{Witness}** agree to help ----- **{Name}** by not bringing up any information from the past and by encouraging ----- **{Name}** to stick with this forgiveness contract.

Signature

Date
