

# NEUROPLASTICITY

- “Researchers using functional magnetic resonance imaging found that different parts of the brain are activated positively when people think about choosing to forgive rather than getting revenge.
- As we choose to forgive, the amygdala-frontal cortex link becomes very active, calming the amygdala, and the stress response and toxic memory that caused the unforgiveness in the first place are changed.
- It is often said that forgiveness leads to the ability to love. You cannot love if you have not really forgiven and released those who have wronged you.” (pg 110)

# FORGIVENESS (produces)

Love, Joy, Peace and Freedom

## CHOOSE

To forgive:  
by our spirit &  
**FREE WILL**

Once we have forgiven  
our emotions will catch up.  
Pain will heal over time.

## RECONCILIATION

Unless both are on same page  
& walk the same journey,  
there cannot be true reconciliation.

Mt. 5:23-24 & 18:15-17

1 day      1 week      1 month      1 year      10 years +

**PAIN  
EMOTIONS**  
Creator will heal

Is. 61:1 & 57:15  
Ps. 147:3

**JUSTICE**  
LET GO OF  
REVENGE & ANGER  
Rom. 12: 17-21

All wrong: ours & others, will  
be dealt with either . . .

Forgiveness

OR

Revenge:  
Stuck in cycle

## UNFORGIVENESS

(produces)

Bitterness, Resentment, Hatred, Anger & Rage

Forgive  
for our  
own sakes.

# Forgiveness Process

## FORGIVENESS (produces)

Love, Joy, Peace and Freedom

### CHOOSE

To forgive:  
by our spirit &  
FREE WILL

Once we have forgiven  
our emotions will catch up.  
Pain will heal over time

### RECONCILIATION

Unless both are on same page  
& walk the same journey,  
there cannot be true reconciliation.  
Mt. 5:23-24 & 18:15-17

1 day   1 week   1 month   1 year   10 years +

Forgive  
for our  
own sakes.

**PAIN  
EMOTIONS**  
Creator will heal  
Is. 61:1 & 57:15  
Ps. 147:3

### UNFORGIVENESS

(produces)  
Bitterness, Resentment, Hatred, Anger & Rage

### JUSTICE

LET GO OF  
REVENGE & ANGER  
Rom. 12: 17-21

All wrong: ours & others, will  
be dealt with either ...

Forgiveness

OR

Revenge:  
Stuck in cycle

Copyright © Confess Recovery Ministries, Inc. - George Fields (2009/2010)

## 1. Forgiveness

I choose to forgive you, (name)  
regardless of how I feel

## 2. I choose to love you (name) unconditionally as you were originally created, not what you have become...

Expecting nothing in return

## 3. You have broken relationship boundaries

I choose to keep you **outside / on  
the fringe** of my inner circle as you  
are not currently safe to be in the  
centre of my circle of trust.

I choose to **replace / include** you  
with people in my inner circle, who  
will meet my needs.