

**Forgiveness &  
Reconciliation  
2024 Workshop**

# Introductions

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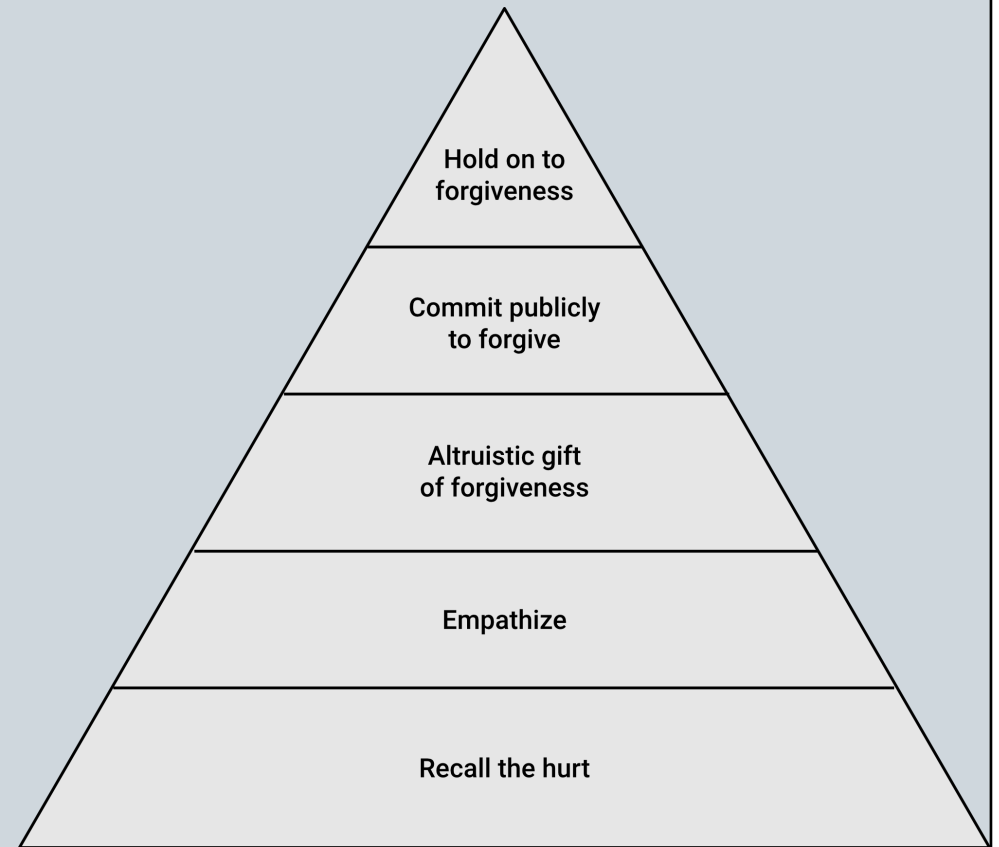
# What is the difference between forgiveness and reconciliation?

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	<b>Forgiveness</b>	<b>Reconciliation</b>
Who?	One person	Two or more people
What?	Gift granted	Earned, not granted
How?	Emotional replacement	Behavioral replacement
Where?	Within your body	Within your relationship
How to?	Pyramid model to REACH forgiveness	Bridge to reconciliation

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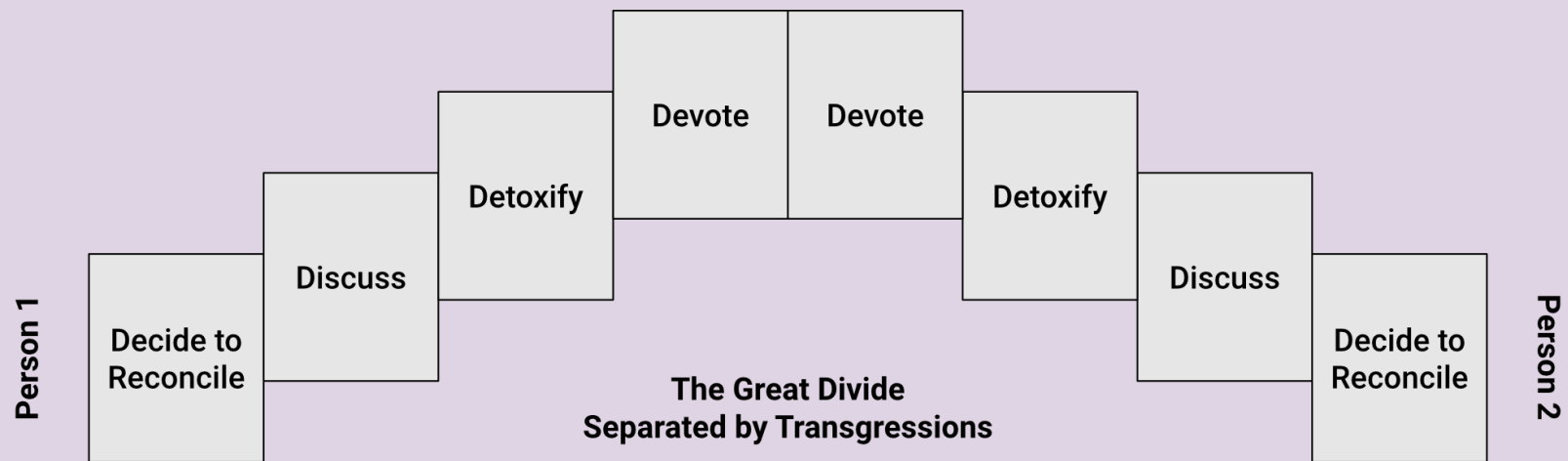
# Pyramid model to REACH forgiveness



# **Discuss with your partner**

What could a safe space to process forgiveness look like in our home?

# Bridge to reconciliation



# **Discuss with your partner**

What stages of reconciliation do we tend to get stuck on?

Q&A