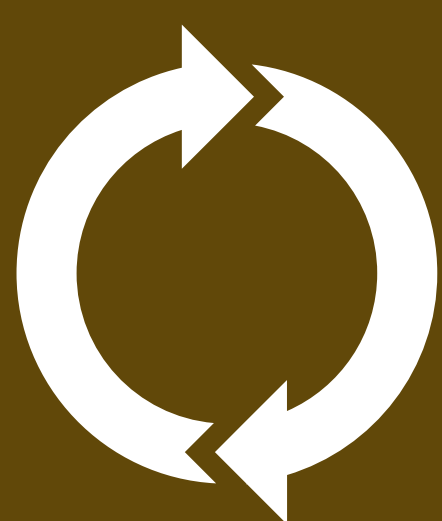


THE FORGIVENESS PROTOCOL

A 9-STEP PROCESS FOR LETTING GO —
WITHOUT LETTING PEOPLE OFF THE HOOK



STEP 1: NAME THE HUNT

Write down exactly what happened. Be specific. Who hurt you? What did they do or fail to do? Clarity creates momentum.



STEP 2: OWN THE IMPACT

Describe how it affected you—emotionally, physically, relationally. Don't downplay it. This is about honoring your truth.



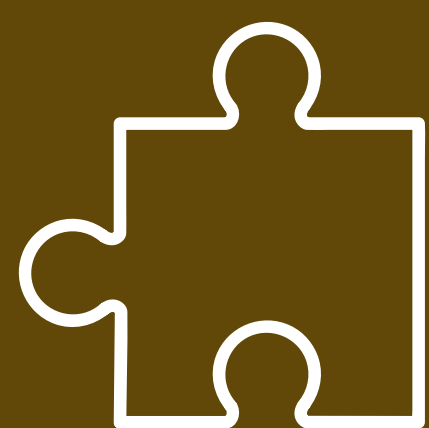
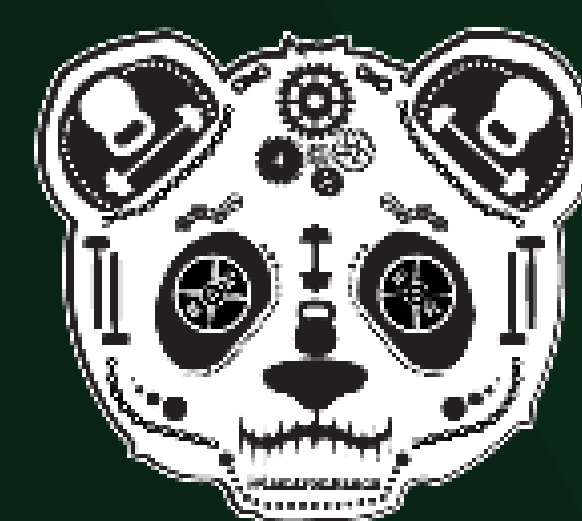
STEP 3: DITCH THE DENIAL

Say it out loud: "This hurt me." Avoiding pain won't protect you from it. Acknowledging it gives you power over it.



STEP 4: SEPARATE ACCOUNTABILITY FROM IDENTITY

People are more than their worst actions—and so are you. You can hold someone accountable without tying their actions to your worth.



STEP 5: RECLAIM THE NARRATIVE

Shift from victim to narrator. You're not erasing what happened—you're choosing how to carry it forward.



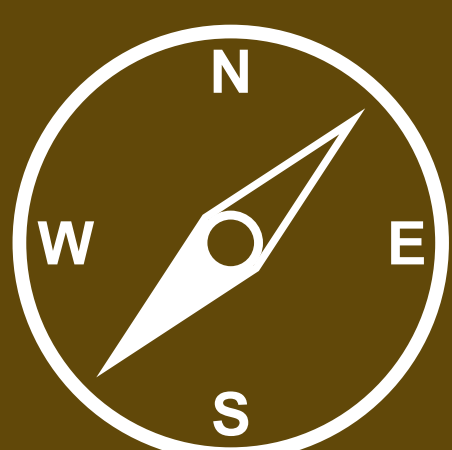
STEP 6: DECIDE WHAT FORGIVENESS MEANS TO YOU

Maybe it's letting go of resentment. Maybe it's breaking the emotional tie. Define it for yourself—this is your process.



STEP 7: MAKE ROOM FOR RELEASE

This might be writing a letter you'll never send, screaming into a pillow, burning an old memory, or walking it out. Release needs movement. Make space for it.



STEP 8: REBUILD BOUNDARIES

Forgiveness doesn't mean reconciliation. Who stays in your life—and in what capacity—is entirely up to you.



STEP 9: PRACTICE SELF-FORGIVENESS

You're not just forgiving others—you're learning to forgive yourself, too. For the ways you coped, the things you missed, the pain you've carried. You did what you could with what you knew. Now it's time to lighten the load.

REMINDER: **Forgiveness is freedom.
Not for them—for you.**