

## **FIVE (5) STAGES OF RADICAL FORGIVENESS**

1. **Telling the Story** – Filling out the worksheet, beginning where we are or were when the situation occurred that caused the blocks to love's awareness. The first step in releasing victimhood is to own our story as a victim without any spiritual interpretation.
2. **Feeling the Feelings** – Connecting with the deepest feelings that arise as a result of the situation, allowing them to come up completely and really feeling them. This is an important step, giving ourselves permission to connect with our pain, causes the healing phase to begin.
3. **Collapsing the Story** – Looking at how our story began and how the interpretation we placed upon it determined our experiences of it and formed certain beliefs about the situation that have given birth to how we see ourselves and how we feel about ourselves. We use this step to see these stories for what they really are and how we have allowed them to take away our power by letting their false reality keep us stuck in victimhood.
4. **Reframing the Story** – Shifting our perception to see the situation as exactly what we needed to experience in order to fulfill our purpose in this life experience. Here we seek and find the gift in the situation that reframes it from a tragedy to a tool for transformation. This step opens us to seeing the perfection in every situation and transforms our anger, hurt and pain into gratitude.
5. **Integrating the Shift in Consciousness** – Taking the change in consciousness to the cellular level for permanent integration into our belief system and method of operation. This step helps us make the transformation a habit. It requires a combined physical, mental and spiritual process for subliminally imprinting them upon our consciousness for permanent application. (Breath work, movement, 13 Steps, Circle, etc.)