

THE 5 STAGES OF RADICAL FORGIVENESS

1. Telling the Story – having the story heard, witnessed and validated is the first step to letting it go—the first step in victimhood is owning it fully—here you willingly and compassionately listen to the client tell their story, honoring it as their truth in the moment.
2. Feeling the Feelings—feelings represent their authentic power—their strength lies in vulnerability and the willingness to show up as fully human—what one doesn't feel cannot be healed—accessing the pain is the beginning of their healing.
3. Collapsing the Story—taking the power out of the victim story they made up—which is mostly interpretation—this step supports them in withdrawing their energy from it and then lets them move towards what is really true.
4. Reframing the Story—replacing the “illusory” story with another story—the Radical Forgiveness story—that says that what appeared to have happened was not a tragedy—it was exactly what they wanted to experience and was from that viewpoint, absolutely perfect.
5. Integration—integrating the change in consciousness at the cellular level—physical, mental, emotional and spiritual bodies—so that it becomes part of them—here breath work, walking, physical work, doing worksheets, etc., are effective