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The Practice Of Forgiveness Is Core To TKF

Life is for giving.

Understanding Forgiveness

Forgiveness is the intentional and voluntary process by which someone undergoes a change in feelings and attitude regarding something wrong, harmful, or negative that has happened to them or that they caused. **It is an essential key to healing.**

Forgiveness is about being able to

LET GO

Giving up the negative emotions and reactions to that event or action.

BENEFITS OF FORGIVENESS

- Increased feelings of love
- Enhanced capacity to trust
- Profound stress reduction
- Freedom from the control of events of the past
- Improved physical health
- Enhanced existing interpersonal relationships
- Decreased levels of anger and hostility
- More capacity for love and joy
- Builds courage
- A calm disposition
- Fulfillment of life



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Understanding Forgiveness

- Not an easy road and can be a hard concept to teach
- Not only about religion and faith
- Removes emotional obstacles
- Opens us up to change and healing
- Allows us to gain empathy and tolerance for others
- Contributes to our health, happiness and peace of mind

BREAKING THE MYTHS OF FORGIVENESS

- Not a sign of weakness
- It does not mean that you have to forget
- Does not remove consequences
- Don't have to act as if something did not happen
- Does not excuse what happened
- You do not have to confront the other person in order to forgive



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**Forgiveness is a reflection of
loving yourself enough to move on.**

Dr. Steve Maraboli

Journey Of Forgiveness

**Requires that we examine our
“Soulular” Spirit**

- Obtain inner strength
- Find growth to become who we are
- Gives us purpose
- Enables us to do things bigger than ourselves
- Find clarity and wisdom
- Make choices of right and wrong
- We all have lessons learned
- Explore how others have harmed you
- Explore how you have harmed others
- Preparation to pay it forward



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**Forgiveness does not change the past,
but it does change the future**

Journey Of Forgiveness

Forgiveness is a journey that begins in our hearts



THREE STEPS PROCESS

Step One:

Acknowledge that you have been wronged or wronged someone

Step Two:

Give up all of the resulting resentments, blaming, or guilt

Step Three:

Reach out in compassion and goodwill to mend, fix, and heal

The Hardest Person To Forgive Is Ourselves



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Forgive others, not because they deserve forgiveness, but because you deserve peace.

Journey Of Forgiveness

Peace & Redemption Paths

Develop Empathy

1P Acknowledge you have been wronged

1R Take responsibility for your actions

Have Compassion

2P Give up all resulting resentments & judgments

2R Ask for forgiveness from people you've hurt

3P Reach out to those that harmed you

3P Forgive ourselves

Practice Forgiveness

4P Change the behavior

4P Stop others from making the same mistakes



Journey Of Forgiveness

Important to Practice and Exercise Your Forgiveness Muscle

- Learning how to use your story
- Visualization of your inner box or “Soulular Self”
- Meditation
- Journaling
- Stay focused on your personal healing process
- Service or volunteering for others in need

**We cannot change the past,
but we can change our attitude towards it.
Uproot guilt and plant forgiveness.
Tear out arrogance and seed humility.
Exchange love for hate, thereby,
Making the present comfortable and
the future promising.
Maya Angelou**



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Youth Forgiveness Activities 1

Forgiveness starts with being able to talk about the things that hurt us

We all experience hurt or wrongdoing in our lives.

Write on an index card

1. What happened in your life that caused you to feel hurt, harmed or wronged?
2. Who did you believe was the cause and why?
3. What were your feelings and reactions



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Youth Forgiveness Activities 2

To move forgiveness to a path of peace we have to let go of emotions that hold us back

We have to address those we need to forgive by giving up our resentments and moving beyond judgments.

Complete worksheet.

1. Just like me _____ is learning about life.
2. Just like me _____ wants to be happy too.
3. Just like me _____ has been sad, lonely and hurt.
4. Just like me _____ is avoiding the pain in their life.
5. Just like me _____ is _____.



Youth Forgiveness Activities 3

Forgiveness starts with being able to talk about the ways we have hurt others

We all make mistakes or mess-up in our lives that can hurt others.

Write on an index card

1. What did you do that caused hurt, harm or wrong for someone else?
2. What was the state of your emotions at that time?
3. What in your life brought you to that state?



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Youth Forgiveness Activities 4

The hardest person for us to forgiveness is ourselves for our actions that hurt other. It can take courage to face up to one's mistakes.

**We all need to be apologetic and remorseful.
Make a commitment to change that behavior.**

Draft an apology letter.

1. Write a letter to say I'm sorry to someone you hurt.
2. Name the person you are asking forgiveness from and state why?
3. State an action you can take to make things right again with that person.
4. Turn the letter into your counselor.



Youth Forgiveness Activities 5

Forgiveness is about letting go of deeper emotions, pains, or experiences that can become obstacles in our lives.

Rock Exercise

To help youth understand how hard it feels to hold onto negativity give them a rock. Have them hold the rock in their dominate hand nonstop for at least 15 minutes. Tell the youth when we hold onto hard things they can begin to harden our heart, become distracting, overpowering and can feel like boulders in our life. Process holding the rock.

Describe a rock in your life that can feel like a boulder?

Who or what created a boulder for you?

What do you need to do to move the boulder?



Youth Forgiveness Activities 6

Use quotes and poems to help youth process and find meaning in forgiveness.

The Forgiveness Poem

To Forgive is not to forget.
To Forgive is really to remember.
That nobody is perfect.
That each of us stumbles, when we want so much to stay upright.
That each of us says things we wish we had never said.
That we can all forget that love is more important than being right.
To Forgive is really to remember.
That we are so much more than our mistakes.
That we are often more kind and caring.
That accepting another's flaws can help us accept our own.
To Forgive is to remember.
That the odds are pretty good that we might soon need to be forgiven ourselves.
That life sometimes gives us more than we can handle gracefully.
To Forgive is to remember that we have room in our hearts to Begin
Again,
and Again,
and Again.

Author Unknown



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Youth Forgiveness Activities 7

**Redemption occurs as one helps others
and pays it forward**

**Practicing acts of forgiveness allows
one to reshape an impacting
situation and change negative
behaviors. It's how you start to pay
it forward.**

1. Identify how you can take your experiences and use them to help others.
2. Brainstorm a list of possible volunteer or service opportunities you can participate in
3. Perform 10 hours of service with a local community organization



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