

# thank you



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# FORGIVE IN PAIRS

You know how when something has happened, or you've done something, or you have a major piece of information, it just eats away at you and eats away at you until you finally blurt it out?

Well confessing your sins gives you relief for exactly the same reason – and that's what makes this exercise so effective.

Around the world confession is commonly utilized as a tool for dealing with issues of guilt, forgiveness, penance, repentance and atonement.

From the Catholic Church with its concepts of confession and penance to Pacific Tribal cultures and even African concepts like Ubuntu, confession as a means of achieving forgiveness and atonement is one of those built-in defaults we all have: like the concept that we're entitled to personal freedoms and love :)

In this exercise, you'll pair up with someone you trust implicitly.

Find somewhere private to sit – like one of your houses when no one is around and no one is expected home for a good while.

Take turns confessing your sins to each other – it will help to build trust and also the security that your partner will maintain your confidences if you hold confidences of theirs as well.

It is really important with this exercise that you do not share the information you have learned. You can assume that if it's come out in an exercise like this, that it is highly confidential.

This is a fabulous exercise for couples to build intimacy.

1

## Permission & Gratitude

Begin by giving each other thanks for being here and taking the time to do this.

Now take a moment to reaffirm, in your own words, that anything said here is completely confidential, and that the person may trust you not to share anything they learn here with anyone.

They may feel free to share their deepest secrets safely in this space.

## Confessor

What I did wrong is...  
Who I hurt is...  
How I hurt them is...

2

I am deeply remorseful for what I have done and acknowledge my mistakes completely.

I humbly ask for your forgiveness.

I humbly ask for your forgiveness.

I humbly ask for your forgiveness.



3

## Respondent

On behalf of God, the Universe and all humanity, I hear you, I love you and forgive you.

On behalf of God, the Universe and all humanity, I hear you, I love you and forgive you.

On behalf of God, the Universe and all humanity, I hear you, I love you and forgive you.

## Acknowledgment & Gratitude

4

Spend a moment acknowledging each other for the brave steps you took today and the work you have done.

End by giving each other thanks for being here and taking the time to do this.



# categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

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