THREE KINDS OF FORGIVENESS

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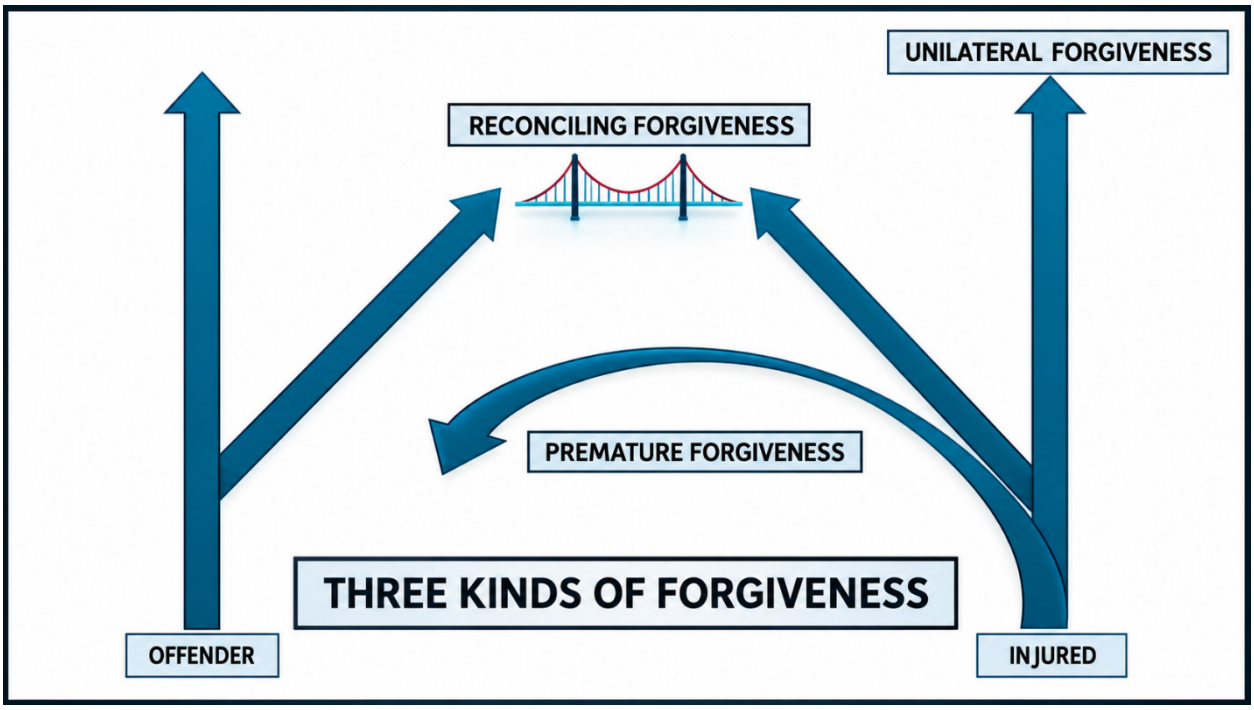
These diagrams are from Linda's book, *Redeeming the Post-Affair Divorce.* She uses them to describe the difference between **Premature Forgiveness** (which puts all of the burden on the betrayed person), **Reconciling Forgiveness** (which is a cooperative, transactional process between both parties, where the offender makes consistent movement toward re-earning trust and creating safety for the injured person), and **Unilateral Forgiveness,** when the betrayer/offender does not accept full responsibility and is not sincerely repentant. Therefore, the betrayed person must gradually work through the grief of their hurts and choose to "let go" of each offense one by one, entrusting the injustice to God for their own recovery, emotional health, and freedom. More details and practical exercises can be found in the book and accompanying Workbook.



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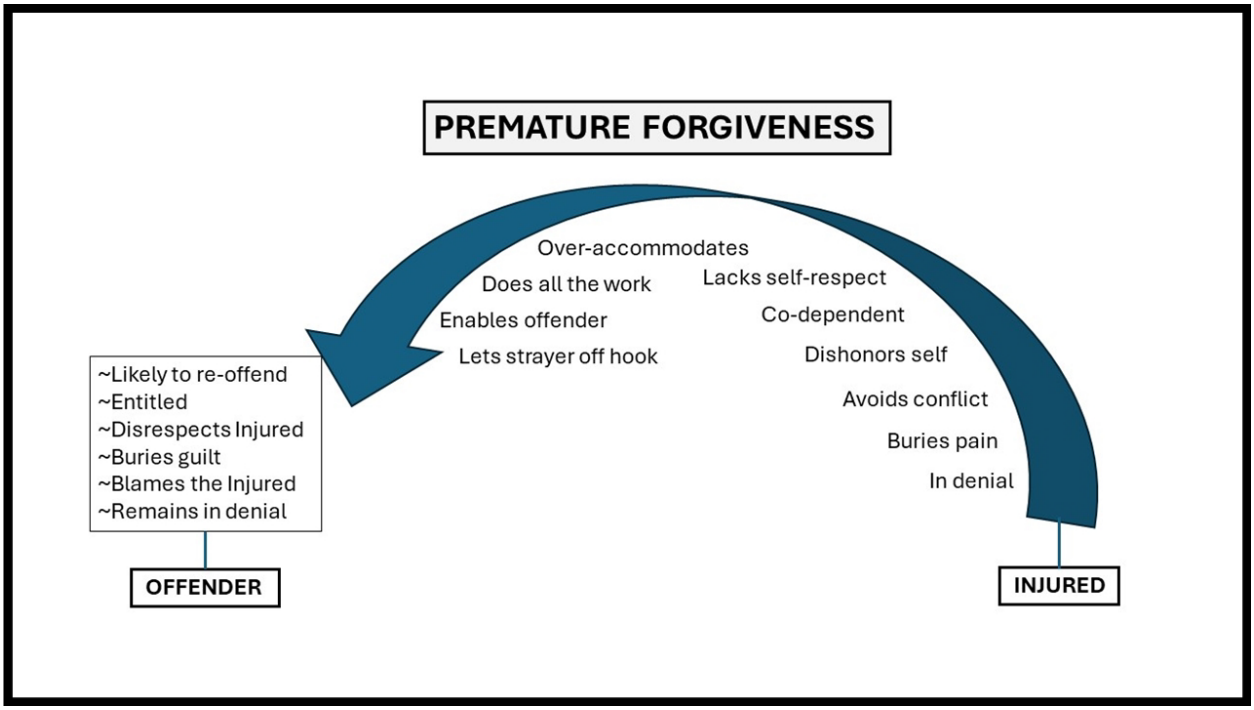

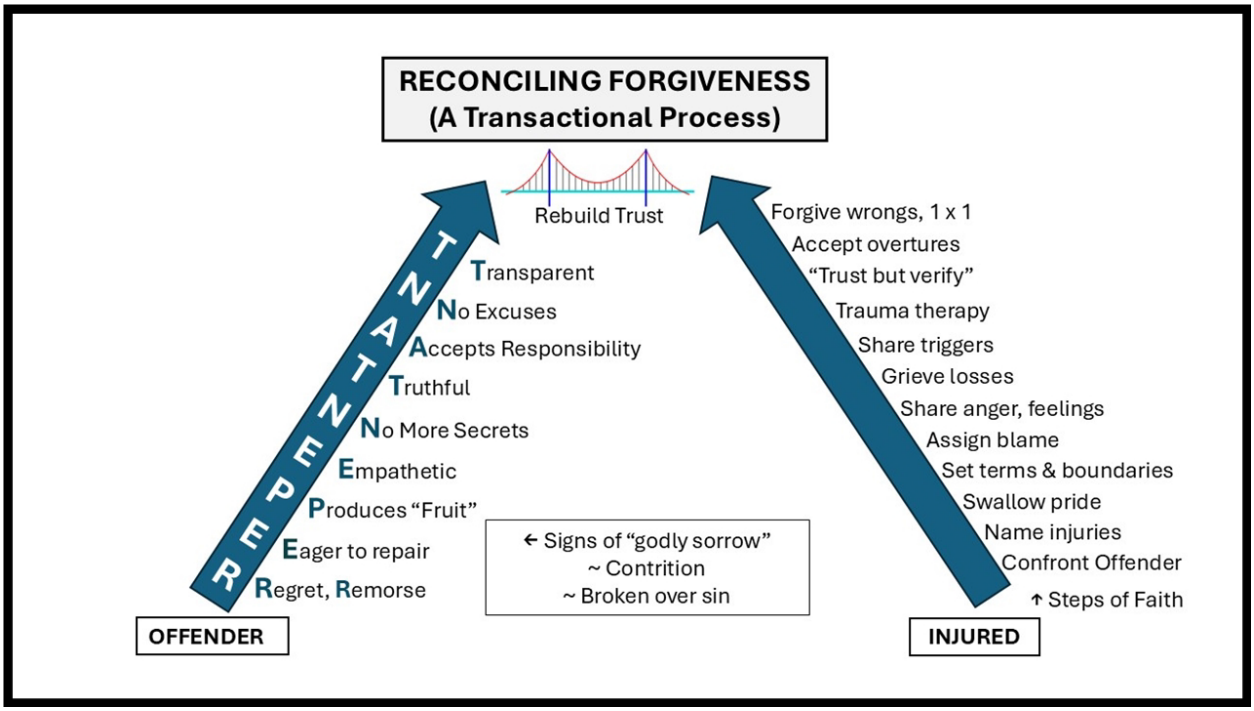

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