



# High School

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Apologies & Forgiveness

**Reflect:** Choose one of the following prompts and respond to it in writing.

1. Think about someone who you have not forgiven. What would it take for you to forgive that person?
2. Think about a time you hurt someone else. What could you do to be forgiven?
3. Why is apologizing and forgiveness so difficult?
4. Is there something that you haven't forgiven yourself for? What can you do to change it?