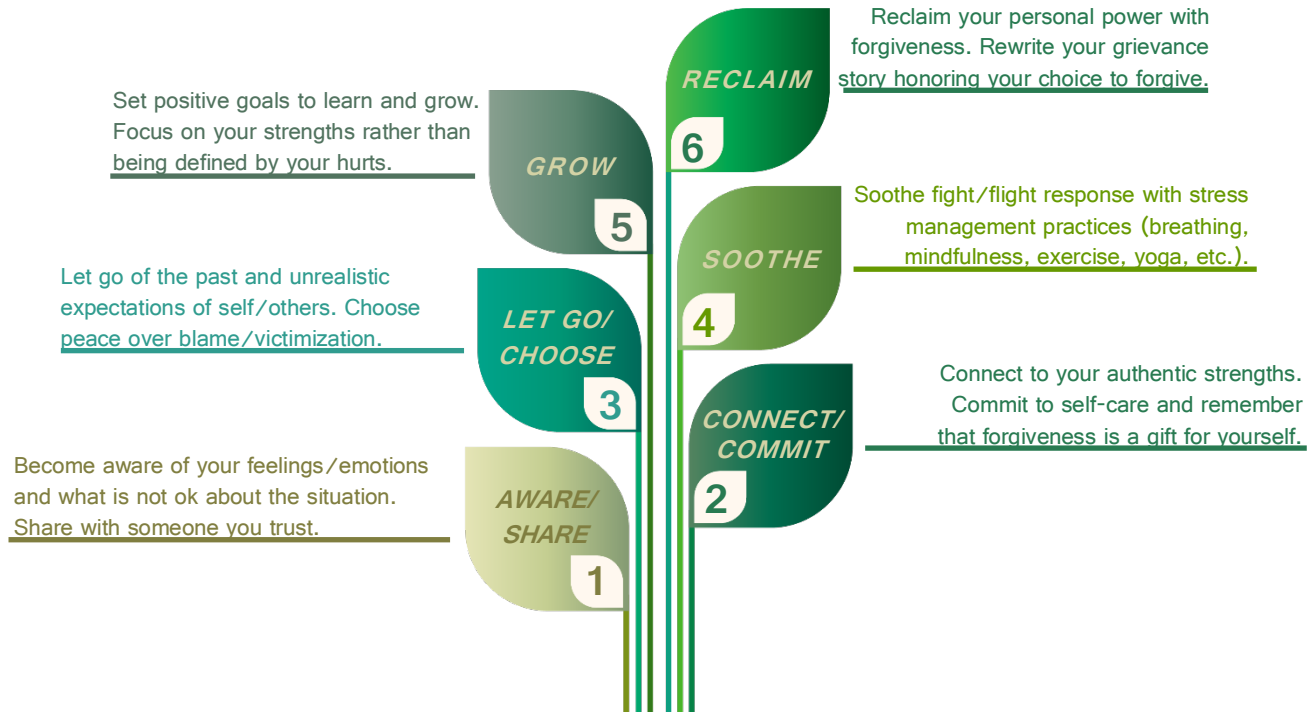


Authentic Forgiveness Tool[©]



Authentic Forgiveness Tool[©] Authentic Strengths Advantage, 2019; (Adapted from the Stanford Forgiveness Project: Effects of Group Forgiveness Intervention on Perceived Stress, State and Trait, Anger, Symptoms of Stress, Self-Reported Health and Forgiveness, *Forgive for Good, 9 Steps* (2006); Saffarinia, Majid and Mohammadi, Narges and Afshar, Hamid (2016) *The role of interpersonal forgiveness in resilience and severity of pain in chronic pain patients*. Journal of Fundamentals of Mental Health; *REACH Forgiveness of Others* by Everett Worthington.

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