

## Personal Application Worksheet

1. What would your life look like if you were not in this conflict?
2. Are you ready to unburden yourself of the conflict? If not, what will it take for you to become ready?
3. What most pains you about the conflict? Why?
4. How can you make emotional meaning out of your pain? Consider what you have learned about yourself and about life through this process as well as how to honor all you have lost.
5. What would it feel like to forgive the other side? Decide whether you want to do so.
  - Pros:
  - Cons:
6. What do you regret doing in the conflict?
7. Might you be open to apologizing? If so, how can you express it?