

Chapter 14 – Trigger Card Offenses

Read and ponder this list to help trigger memories of people you get to forgive. I suggest you pause for a moment, after each statement and notice if an unpleasant memory pops up. You may want to write names on some of the lines.

- I am the sibling who manages to ruin family get-togethers. _____
- I forgot your birthday—and I'm your best friend. _____
- I am your child that lies to you. _____
- I barged in front of you at the grocery store checkout line. _____
- I am the popular girl who made fun of you in middle school. _____
- I am the co-worker who always undermines you. _____
- I bullied your child today. _____
- I wasn't there for you when you needed a friend. _____
- I am the frenemy who always needs to be better than you. _____
- I am your rebellious child. _____
- I spread lies about you. _____
- I am the close friend who betrayed you. _____
- I am the person who abused you. _____
- I am the neighbor with the trashy yard. _____
- I am the messy person in your house. _____
- I am the terminal disease of your loved one. _____
- I am the divorce of your parents. _____
- I crashed into your car. _____
- I stole from you. _____
- I hurt your loved one. _____
- I am the sudden death of your loved one. _____

