**Forgiveness of Others Therapy**

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# Three Things we do in Hypnosis

---There are **three** things that we can do together whenever we do hypnosis.

1. First,-- I can talk and you can simply follow instructions,-- and by doing that you are already creating a nice level of hypnotic relaxation.
2. Second, you can think about things that I suggest to you.
3. Third, we can focus on feelings.

# Setting up the round room

“And now I would like you to use these three abilities that you have -- to think about what I ask you to think about--- and to feel what I suggest to you.

I would like you to now imagine-- a round room of a comfortable size,--- with two simple straight-backed chairs in the centre of the room.

These chairs facing each other --and are a safe distance a part. -- Now,--- using the magic of the mind ---I would like you to imagine –that you go over there --and sit in one of those chairs—and make yourself very comfortable.

Now –The other chair--- is what we will call the listening chair,-- because whoever we put in that other chair ---cannot get up, ---or speak--- or do anything unless you-- or I ---give that person permission to do so.

**And, -- most importantly ---and I want you to understand this clearly -- anyone sitting in the listening chair--- will forget everything that has happened – and will happen --here today--- in addition to that -- that person won’t be able to gain anything from what we are doing here today---so – that person won’t benefit at all when leaving the round room --- because it is all just for you --- and no one else, unless – of course - you want it to be different….**

**Again—I want you to understand-- that the only person that will have the benefit of remembering everything –and gain all the benefits---that can be gained here today --will be you---and you alone—**

And if that is absolutely clear to you---I want you to give me a finger signal (wait for signal)

# Getting Offender in the Chair

“Good - Now----In a moment I am going to count from 1 to 3 and when I get to 3 ---the one person who has hurt you the most--- *whether that person is dead or alive* ---will go into that chair --- ----OK---get ready ---- 1, --2, and 3!

Now tell me ---Who goes into that chair? **If mother, father, sibling, husband ask for name.**

**(is that person that is in that chair an already deceased person or still alive?)**

# Filling the platter of pain

**OK- Now –You have the great opportunity to say something to this person but what you say must be true.**

OK—now that you have this opportunity – I don’t want you to hold back –tell him/her what it feels like having been hurt like that---

*Tell her/him what you really want to say -*

*A. You hurt me.* Tell him/her how you have been hurt by what s/he did

*C. You hurt me when*...........................................................(situation).

*D. You made me feel....*Tell him/her how s/he made you feel – and still makes you feel today

*E. You made me think....*Tell him/her how s/he made you think (because of all of that)

*F.* What hurt me the most......Tell him/her what hurt you the most

*G. I can still feel the pain .*... Tell him/her where you can still feel the pain

# Location of Pain

Now tell me-- *“Where do you feel all that \_\_\_\_\_\_\_* ( hurt, anger, frustration, sadness, depression, numbness, hate,) *in your body?”*

*Where do you feel it?*

# Offender Reprimand

OK—Good -- You are doing very well---Now—

1. it is time to take back control of your life---
2. and the way to do that--- is to really express your feelings--- because it will help you to let go of all that tension-- that has build up deep inside of you---just imagine --like in a dam – and we are going to open up that dam now --and let it all out—and as you do –you can express all your feelings –express it all – as you allow yourself to be open –
3. So---what else do you want to say to that person? (wait for a response)

Good now to make absolutely sure – I like you to tell him/her:

*A. You let me down.*

*B. I hate what you did to me.
C. All I ever wanted from you was... (love, respect and understanding) but all I got was sorrow (and rejection)*

*D. I’m not going to let you hurt me anymore!*

*E. I take my life back now and there is nothing you can do about this*

# Anger displacement

Good now –I want you to imagine how you take all that anger – all those negative feelings that you feel there --inside of you---

1. right up into your (right) shoulder ---let those negative feelings go all the way –into your shoulder ---
2. and then--- imagine how you send that anger down into your arm—all the way—right into your right hand which now—becomes a fist – in which you hold all of your negative feelings –all that anger-. That’s right – you are doing very well –
3. Now—hold all that anger in there—in your fist ---as I am going to take your fist ---and put it into my hand—**(put fist in your hand**)—
4. Good---and now--- we are going to do something-- that will allow you to release all that negativity—all those troubling feelings --that you have been holding onto for far too long.
5. In a moment I will count from 1-3—and as I count –I want you to imagine even more ---how all those negative feelings---all that anger -- that you feel there inside of you ---is streaming right into your fist ---filling it right up –--- Just allow it to happen—
6. And as you do ---- as that anger and frustration -- is building up there---I want you to imagine how it is getting ready to be released—and as it is getting ready to be released—allow your fist to keep pushing down on my hand---stronger and stronger –with every count –that’s right

Good – get ready there now—hear me counting down from---

**1**----your fist fills with all that anger –all that negativity you hold inside of you—stronger and stronger

**2-**---pushing down harder—and harder --– even harder --that’s right **And** –

**3** **(let fist slip)** OK – Now--Simply allow those negative emotions to release into that pillow

 – let all those old --unwanted --outworn --feelings simply be absorbed by that pillow –and as you do---feel yourself emptying –of all that negativity –all that frustration--all that anger --- let it all flow out into that pillow –as your mind becomes comfortably calm–

feeling very calm and refreshed--as you allow all that tension in your fist ---to simply evaporate---until your fist completely relaxes--—as your mind relaxes--that’s right –calm and relaxed –go deeper – much deeper –feel it all releasing – at the same time –allow your mind to fill with good feelings –good emotions – good memories--about yourself –that’s right –and just allow –what you are experiencing there now –to continue –until you have pushed out all that old -- unwanted –outworn –negativity – and replaced it with good feelings –good emotions about yourself –that’s right-- —(and as soon as your subconscious mind has done that—I’d like you to give me a finger signal)

Understand that from now on --Your arm and hand is acting like the arm of an old fashioned pump,-- able to pump all those negative emotions from inside of you-- out into that pillow--- so--- from now on whenever you feel like you want to rid yourself of some more negativity –anger—or any other unwanted –outworn emotion –simply make a fist—and push your hand into the pillow –where the pillow will keep absorbing all of your old outworn –unwanted emotions—that’s right –while at the same time --your mind will draw in –automatically--good emotions –good feelings –good thoughts – about yourself –for every bit of negativity –that leaves you – no more space-- for those old unwanted thoughts and feelings – as you allow yourself to feel more and more –relieved –that’s right—you are doing very well--

Now – again – I want to remind you that the only person who truly benefits from this session will be you--- and the person that sits in the other chair will forget everything that has happened here after leaving the round room.”

# Client to Offender Transfer

“Now—let’s do something very different ---listen carefully---

*Follow my instructions instantly and automatically.”* **(Firmly touch head like in an instant induction and say)**

*Using the power of your imagination ---at the count of 3 --- I want you to step right into \_\_\_\_\_\_\_\_ (that person who has hurt you so much)* **(insert the name of the offender, i.e., your mother, or father, etc.).** and be that person there now.

OK- ready –1—2—and 3---and step into \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (that person)

# Offender Persecution (ALIVE version)

Good --- and now that you are in the shoes of the (one who has hurt you so much) —Let me ask you a few questions so I can get a better understanding of what’s going on here- and I really like you to think carefully about these questions

1. **So—firstly I’d like to ask you - What’s wrong with you?**
2. **Is that what you wanted to do,-- make him/her hate you?**
3. **Why couldn’t you show some kindness and respect?**
4. **How does it make you feel treating others the way you did?**
5. **Did you really think what you did was right?**

So I am really wondering what you were thinking-- treating her (him- others) the way you did?

Do you realize that what you have been doing to her (him /others) is shameful---and cruel – and all of this cruelty will eventually make you feel terrible inside – if it hasn’t done so already. Life is like that – nobody escapes the consequences of their doing.

Those evil deeds of your past will haunt you – and then ---if not much earlier than that --it is payback time---no doubt – nothing in this life escapes the strict law of cause and effect—what you do to others will come back --to yourself – without fail--

You know—the time will come - and belief me—the time will come – if it is not here already - where you will have to face up-- to all that-- you have been doing to others. Time runs through our fingers like sand ---and then –when you realize that time has passed so much quicker----leaving you with nothing but regret --for all those cruelties --- If not now –then latest when you die…

And then – then you will see right in front of you-- all these missed opportunities---all that what you could have done—all that hurt d sadness you have caused ---but then it’s too late—all that you will be left with is regret –and despair –and nobody will take pity on you---because nobody can---because you will know then ---that you have acted against what is good inside of you. –You will despise yourself –because you have nothing to show --

And so you will keep despising –and punishing yourself –for all those missed opportunities – feeling regret –—when you realize that you could have done things differently –

How pitiful you will be—how tormented you will feel -- that you didn’t realize how bad you treated her (him/her) -- when you still had a chance.

And you know--

All your excuses that you didn’t really wanted to do it –

* **that you just didn’t know how to behave differently---**
* **that others didn’t show you-- how to be a decent human being—when you were young**
* **that you have been treated badly yourself—**

none of these excuses will save you from yourself--- --because you had your chance ---to find that goodness in yourself—regardless of the circumstances you were in---and –what a pity--you missed it!

1. **Do you now realize that you have been wrong in the way you have been treating her (him/others)?**
2. **Why on earth did you never tell her (him/others) that there is nothing wrong with her (him/others)**
3. **Why on earth did you never embrace her (him/others) and show her (him/them) heartfelt goodness?**

# Offender Persecution (Dead version)

Good --- and now that you are in the shoes of the (one who has hurt you so much) —Let me ask you a few questions so I can get a better understanding of what’s going on here- and I really like you to think carefully about these questions

1. **So—firstly I’d like to ask you - What’s wrong with you?**
2. **Is that what you wanted to do,-- make him/her hate you?**
3. **Why couldn’t you show some kindness and respect?**
4. **How does it make you feel treating others the way you did?**
5. **Did you really think what you did was right?**

So I am really wondering what you were thinking-- treating her (him- others) the way you did?

Do you realize now that what you have been doing to her (him /others) was shameful---and cruel – and all of this cruelty now makes you feel terrible inside –as you know fair well there where you are now - life is like that – nobody ever escapes the consequences of their doing.

Those evil deeds of your past haunt you there now – no doubt – because nothing ever escapes the strict law of cause and effect—what you do to others always falls back --onto yourself – without fail--

And now you know—the time has come - where you are facing up-- to all that-- you have been doing to others. And now that you have come to realize that time has passed so much quicker----leaving you with nothing but regret --for all those cruelties ---

Now that you can clearly see right in front of you-- all these missed opportunities---all that what you could have done—all that hurt and sadness you have caused ---—now that you realize that all that you are left with is regret –and despair –and nobody takes pity on you there now---because nobody can---because you know ---that you have acted against what is good inside of you. –so all you can do there now is to despise yourself –because you have nothing to show --

And so you will keep despising –and punishing yourself –for all those missed opportunities – feeling regret –—now that you realize that you could have done things differently –

How pitiful you are there now—how tormented you are -- realizing how bad you treated her (him/her) -- when you still had a chance to show some kindness.

And you know--

All your excuses :

* **that you just didn’t know how to behave differently---**
* **that others didn’t show you-- how to be a decent human being—when you were young**
* **that you have been treated badly yourself—**

none of these excuses will save you there now from yourself--- --because you had your chance ---to find that goodness in yourself—regardless of the circumstances you were in---and –what a pity--you missed it!

1. **Do you now realize that you have been wrong in the way you have been treating her (him/others)?**
2. **Why on earth did you never tell her (him/others) that there is nothing wrong with her (him/others)**
3. **Why on earth did you never embrace her (him/others) and show her (him/them) heartfelt goodness?**

# Offender Forgiveness Plea

Well—let me tell you—

You have hurt \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_this person. You have let her/him down. You have robbed him/her **(of her --childhood --- health---happiness--- for far too long)**. And there is nothing that you can do about it now.

It is all water under the bridge!

But--What if there is something-- you could do that that would help him/her to get her life back? Would you be interested? **(Wait for response.)**

**If the offender says NO, say** – OK- unfortunately you will stay in the hellish circumstances you have created there for yourself, where you will continue to remain and suffer the consequences of your shallow and unwise doing.

# Offender to Client Transfer

“OK- now ---listen carefully--- and just like before

*Follow my instructions instantly and automatically.”* **(Firmly touch head like in an instant induction and say)**

*Using the power of your imagination ---at the count of 3 --- I want you to step right out of that person there now – and be yourself*

OK- ready –1—2—and 3---and imagine how you step right back into yourself

And - understand – that it is a good thing that your ability to free yourself from the burden of what this unwise and shallow person has done to you ---does not require that s/he say, ---‘I’m sorry’ or--- ‘please forgive me-- for you to move on --- you can decide right here -- right now that you are going to release all of what was done to you--- by simply forgiving him/her right now.” You are the greater person – you are in charge now –you have the power to just let go of it all. **If this is the case go to ‘Forgiveness Persuasion’**

Well-- It will take a true gift of love-- and sincerity --and you won’t benefit from it at all—only s/he does---so-- Are you still interested? **(Wait for response.)**

OK—But let me tell you---You won’t have any control over the process, s/he will have all control and have the final decision.—In fact – it will all be his/her decision--- Are you still interested? **(Wait for response.)**

Good--- then this is what you need to do. You need to ask him/her to forgive you for everything that you ever did to her/him---everything you ever did that has hurt her/him.

If you do that,-- then s/he will be able to walk free from the hurt, the disappointment, the sadness and the anger.

But let me tell you this--It is called a gift of sincere love,--- because you don’t get to benefit from it at all. When you leave this round room,-- you will forget completely that this has ever taken place. But (the client s/he) will be free. So--would you still like to go ahead and do that?” **(Wait for response.)**

**If no – go to offender client transfer -**

# Offender asks for forgiveness process

Well—then get ready to answer the following questions:

OK- Knowing what you know now – if you had another chance to make it right– what would you tell her (him/others)? **(Wait for response.)**

*Good – then - only if you truly mean it – say ‘Please forgive me. I’m sorry’.*

* *Say- ‘I was wrong’*
* *Say- I had no right to treat you this way*
* *Say-I am truly sorry- and I wish I could make it all good*

That’s right--

# Sincerity Check

OK-- client name Let me ask you--do you believe him/her? **(Wait for response.)**

**(if no)** - OK- let me speak to the (offender) once more now ---As you see—s/he doesn’t really believe what you are saying –Well—let me tell you that *“Inside of you are the words-- that need to be said so that you will be believed.-- Now do it.*” **(and when you have done that – let me know by saying yes)**

 Do you believe him/her now? **(Wait for response.)**

**(if still no) – go to offender client transfer -**

# Forgiveness Persuasion

1. “Well,--- client name it has all come down to forgiveness. ---- Understand -- if you decide to forgive this person who has hurt you, --you free yourself from the past. You can allow yourself to be free from all of the hurt--- and so they can never affect you the same way ever again. -- You get your life back.
2. But Let me tell you first of all ---what is meant by forgiveness. --- First of all,--- forgiveness does not mean that you condone what has happened. --- It does not mean that you like the one --who has hurt you.--- It does not mean that you forget.
3. What forgiveness is--- is a change-- that happens inside of you--- that frees you --from the past. ---because you no longer have to experience the unwanted thoughts and feelings that have kept you a prisoner for far too long--- Would you like that?---Would you like to free yourself from those unwanted thoughts and feelings? So—the question is --Do you want to forgive this person **(or your father or your mother, etc.)**, and set yourself free? **(Wait for response.)**
4. Good, this is how you will do it.-- after counting down from 3-1 I am about to become quiet. Then you start talking and keep talking until all that anger from the past is gone. You can either have a silent internal dialogue—or say it out loud---either way -- When you know that the anger is gone,-- then forgiveness is complete.
5. OK- 3-2-1 Begin -- and when you have finished – let me know either by saying-- ‘I am done’ or by simply giving me another finger signal--**(Wait for response.)**

# Make the forgiveness reasonable

OK- well done --now I’d like you to complete this statement or sentence for me – this statement should be directed to the person who has given you so much grief –

“*I forgive you because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*”

# Forgiveness Effect Checking

Good—you are doing very well------now I’d like you to check that place in your body-- where you used to feel the anger and tell me how that feels there now. **(Wait for response.) –if still ‘bad' more forgiveness needs to be done - repeat and rephrase process starting from 31.**

Let me ask you--How are you feeling now about \_\_\_\_\_EVENTS\_\_\_(**Read through the list you generated and** **ask** **how s/he feels. There should be no anger – perhaps a feeling of sadness or compassion.)**

1. IF OFFENDER IS STILL AROUND **say**
2. Let me ask you – is this person that you have forgiven there still around?
3. And so... - Would you like to continue feeling the way that you are feeling there right now? **(Wait for response.) –**

Well…There is a price.--- The price is that you must adopt an attitude of ongoing forgiveness toward this person. ---- Because s/he has not changed. ---- You are the one that changed. ---

S/he is still the victim, and if this person is still in your life,--- s/he might do something else that hurts you and if you don’t forgive them, you will get pulled right back into the old way.

Are you ready to take on an attitude of ongoing forgiveness toward this person? **(Wait for response.)**

Good, then you can always be free!”

# Silent forgiveness of others

“Now, you have learned about how good it is to forgive and you have been coached through it by me. And now you have a great opportunity –to set yourself free from other unwanted emotions and feelings that have been with you for far too long

,-- I would like you to take advantage of this power-- that you have right now. There are others who may have hurt you;--- perhaps they were family members---, or kids in the school yard, --- or someone that you dated.

I suggest –you simply Go ahead and put each one in the chair, --and forgive them--, too.

Really make yourself free from the past. ---- Take as long as you like-- and when you are done, just say,--- I’m done, ----- or give me another finger signal -- so that I don’t interrupt unnecessarily.”

**(wait.)**

**You are doing very well!**