

Reconciliation		
Phase	Model for Sharing Your Hurts & Offenses	Model for Apologizing
Initiate	<p>*Ensure you have forgiven the other person (between you and God) in your heart before you bring your hurts to the them.</p> <p>"I have something I need to share with you that is personal. Do you have time to talk?"</p>	"Yes, this is a good time to talk."
Heard	"It hurt me when you _____ (action). It made me feel _____ (emotion)."	"I am so sorry. What I hear is that you felt _____ (emotion) because of _____ (action). Is that correct?"
Understood	"Yes."	"I am so sorry for _____ (express sorrow and regret for how you may have hurt the other person). Do you feel understood?"
Taken Seriously	<p>*If "Yes"</p> <p>*If "No"</p>	<p>"I am so sorry. Will you please forgive me? I love you/ care for you deeply."</p> <p>"Let me try to understand better. This would be like _____ (put yourself in their shoes and think of and share a made up example, similar to this one but with the roles reversed). Do you feel understood?"</p>
	"I forgive you. Is there anything I've done that hurt you that we can address?"	*If there is, repeat process by switching roles.
	*At the end hug and prayer together. Thank God for bringing peace and resorting your relationship. Ask Him for wisdom, humility, understanding and love to resolve whatever the issue is.	