

# Week 6 – Video 16 Homework

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- ✓ Think of someone you have grown apart from, or have had a disagreement with, and reflect upon the space that person takes in your life – journal:
  - What would life be like without \_\_\_\_\_?
  - How would it change your thoughts/feelings/behaviours?
  - What role(s) would change for you?
- ✓ Practice active listening
  - Notice any changes
    - Can you see the other person’s perspective?
    - Does it elicit more empathy and compassion?
- ✓ Practice forgiveness
  - Identify when someone / group of people hurt you
  - How did you suffer? What emotions did it elicit?
  - How long have you been affected because of this?
  - When you are ready to forgive, think about the circumstances that led to the offense:
    - Nature of relationship
    - Offender’s past / experiences
    - Offender’s present circumstances
    - Offender’s life stressors
    - Offender’s thinking style / communication style
    - Offender’s view on topic / life
  - Do you feel kinder toward the offender?
  - How can you reframe the experience to change the emotions you feel? Try to find meaning or purpose to what happened, so you can replace your current thoughts with these new, helpful thoughts
    - Optional: communicate with the offender to work on the relationship, or to improve your inner peace
- ✓ Continue on your value-based goals & exercise goals
- ✓ Forgiveness resources:
  - <https://www.youtube.com/watch?v=EpclsrcMMHs>
  - [https://www.youtube.com/watch?v=8o9\\_TlZyB\\_Y](https://www.youtube.com/watch?v=8o9_TlZyB_Y)