

## Assignment 32 - Step 9 – Forgiveness

---

1. Forgiveness is a PROCESS ... It is not an EVENT.  
Review pages 43 – 45 in the BBW-WOL. What does forgiveness mean to you? What does it involve?  
What actions are asked for to forgive?
2. Look up "forgiveness" and write out the definition.
3. LISTEN/WATCH:  
Podcast 47. Step Nine – Forgiveness ([CLICK HERE](#))  
FORGIVENESS: A Decision to Release - Fred Luskin 2021 ([CLICK HERE](#))