



THE FOURFOLD PATH OF FORGIVING

As taught by
the late Bishop
Desmond Tutu
& His Daughter,
Rev. Mpho Tutu
van Furth

- (1) tell your story for as long as you need to;
- (2) name your hurts until they no longer pierce your heart;
- (3) grant forgiveness when you are ready to let go of a past that cannot be changed; and
- (4) renew or release the relationship as you choose.

Inclusive Conversations: Fostering Equity, Empathy and Belonging across Differences – Mary-Frances Winters



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