

MLCPC 210: Forgiveness and Reconciliation: The Road to Recovery

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1. The first step on The Road to Recovery is which of the following?
 - a. Renewing the mind
 - b. Recognizing and admitting
 - c. Letting go
 - d. Confrontation

2. Exercising the will involves _____.
 - a. Breaking free
 - b. Rehearsing the past
 - c. Unforgiveness
 - d. Accountability

3. Hebrews 12:1-2 is an example of recognizing the things that weigh us down.
 - a. True
 - b. False

4. Which of the following is one reason for unforgiveness?
 - a. The other person will do it again.
 - b. The other person did it deliberately.
 - c. I don't like the other person.
 - d. All of the above.

5. How a person handles the pain and the abuse of a trauma or an event may, in fact, cause less pain and less trauma than the original event.
 - a. True
 - b. False

6. Which of the following is a possible consequence of unforgiveness?
 - a. Building up emotional walls
 - b. Depression and hopelessness
 - c. Both A and B
 - d. Neither A nor B

7. The second area of forgiveness takes place when someone_____.

- a.** Forgives
- b.** Forgets the pain
- c.** Accepts the pain
- d.** Forgives him/herself

8. In Matthew 18:21-35 the servant uses the Greek word makrothumeo, which means which of the following?

- a.** Have patience on me.
- b.** Don't give up on me.
- c.** Help, Please!
- d.** Abolish this.

9. Forgiveness is a one-time act.

- a.** True
- b.** False

10. The second step in the path to freedom is_____.

- a.** Hurt
- b.** Hook
- c.** Hate
- d.** Heal