

“The day the child realizes all adults are imperfect, he becomes an adolescent; the day he forgives them, he becomes an adult; and the day he forgives himself, he becomes wise.”

Alden Nowlan

https://www.goodreads.com/author/quotes/115331.Alden_Nowlan, accessed June 12, 2023.

Storytelling with Family or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Share a story when you began to realize, that “adults are imperfect?”**
- 2. Tell a story when you forgave someone. After that, what happened in your relationship with that person?**
- 3. Share about an experience when you forgave yourself?**
(How did that feel? How did that change, or not change, your relationship with yourself and the world?)