

# Letting Go of Grudges & Resentments

## A Workshop by Judith Brodkey

*"Judy shared simple, practical tools to help us become more forgiving people in our daily lives. I'd highly recommend her as a presenter.*

*She not only helped those of us present understand the underlying issues related to resentment and grudges, but also articulated why becoming a forgiving person is so important to one's physical and spiritual well-being. "*

Lowell Greathouse,  
Minister, First United  
Methodist Church

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To schedule a workshop  
or presentation, call  
(503) 234-1012 or email  
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Are you holding a grudge against someone in your life? Do you feel resentful towards someone who has hurt you? In this workshop, participants will explore forgiveness with the goal of reducing hurt and helplessness, letting go of anger, and finding peace. The workshop provides practical tools to heal yourself and your relationships and gain more peace. This workshop is about taking responsibility and living life fully.

### Workshop Objectives

- Examine the impact of holding on to resentments
- Understand what forgiveness is and isn't
- Identify common stages in the process of forgiveness
- Use practical tools to let go of grudges and find forgiveness
- Apply a five-step model of self-forgiveness
- Plan for your next steps on the journey of forgiveness

### About Judith

Judith Brodkey, Masters of Social Services, brings over 20 years experience in facilitating workshops and groups on forgiveness, grief and loss, change and transition, and other topics. She is a coach, trainer and organizational consultant and has served as adjunct faculty instructor in the Portland State University Graduate Program in Conflict Resolution.

Judy teaches this life-changing workshop with warmth and joy, creating a sense of community and emotional safety for everyone. Since 1990, Judith has taught this workshop in many different venues, religious and secular. The ideas and tools she shares are adaptable to your congregation's specific needs.

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