

# The EIGHT “R”s OF RECONCILIATION

## RECOGNITION

Someone (**PERSON A**) recognizes and acknowledges s/he/they have caused or perpetuated a problem that has harmed or otherwise negatively affected someone or something else (**B**)

**NOTE.** The “something else” may be an entity, a process, a situation, etc.

## REPENTANCE

**PERSON A** offers an apology to **B** and asks for forgiveness.

**NOTE 1.** An *apology* is not a simple *I’m sorry*. Apologies are intentional and have four components:

1. **A** identifies specifically what they did wrong and takes responsibility for it;
2. **A** expresses why they regret what they did wrong;
3. **A** conveys the steps they are taking to prevent the problem from happening again; and
4. **A** asks for forgiveness.

**NOTE 2.** An *apology* NEVER blames **B**; isn’t contingent on whether or not **B** may accept it; isn’t sent through someone else (even if it has to be sent via mail or email); and is never made by text or on social media.

## RECEIVING

**PERSON B** receives the apology.

**NOTE:** Should **B** choose to ignore or otherwise not accept the apology, the Reconciliation process ends here. Do *not* force their acceptance or response.

## RELEASING

**PERSON B** becomes open to the possibility of reconciliation and commits to explore reestablishing a relationship with **A**.

**NOTE:** *In no way* does this intimate that one should *ever* deny, diminish, or disregard an offense; nor does it intimate that one should release their emotions, concerns, or caution going forward ... if they choose to go forward from here.

## REUNION

**PERSONS A** and **B** together collaborate on a plan to restore the broken relationship.

**NOTE:** This doesn’t have to – and sometimes *shouldn’t* – take place in-person unless it’s on a platform such as Zoom.

## RESTITUTION

**PERSON B** details what they need from **A**. **PERSON B** agrees to the terms, and details how they’ll follow through.

**NOTE 1:** Restitution isn’t always a monetary or material payment or repayment. Restitution may entail reversing a decision, completing a class, counseling, guarantee of some sort, etc. Generally it’s what **B** needs for the Reconciliation Process can go forward.

**NOTE 2:** Restitution may take longer than either **A** or **B** want, but Restoration will at best be shaky until restitution’s been made.

## RESTORATION

Although they may be cautious and guarded, **PERSONS A** and **B** intentionally work to restore the relationship they had before the precipitating problem/s occurred.

## RECONCILIATION

Reconciliation occurs after a relationship is restored and **A** and **B** are open to what the Holy Spirit is doing for, in, and through their relationship.