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5 Forgiveness Languages © 2025-10-23

Yellow Belt Question: What are the five Forgiveness Languages?

Yellow Belt Succinct Answer: Mnemonic - AEIOU RF (vowels and a dog)

1. Admit my contribution
2. Express regret.
3. **(IOU)** Make restitution.
4. Repent.
5. Ask Forgiveness.

Why These Skills Are Important:

- Resolution attempts go in circles when unforgiveness is in the group; so, resolution requires forgiveness. Forgiveness is an Emotional Bank Account Deposit of 5 to 10,000.
- [Free Video 11, 0:35-1:58](#)
- [Muddling Along or Unity: Confessions of a Recovering Jerk, pp. 87-89 & 99-101](#)

Explanations of the Yellow Belt Succinct Answer:

- See Pg 2
- [These principles are modified from Gary Chapman's 5 Languages of Apology](#)
- [Free Video 11, 1:57-3:35 \(Fault vs Contribution\)](#)
- [Muddling Along or Unity, pp. 101-103 \(Fault vs Contribution\)](#)
- [Free Video 11, 8:01-9:32 \(The Five Elements\)](#)
- [Muddling Along or Unity, pp. 93 & 95-96 \(The Five Elements\)](#)
- [Muddling Along or Unity, pp. 89-93 \(Bowling Ball Demo\)](#)
- To Give Effective Forgiveness
 - Speak back your acceptance/additions/corrections and appreciation for each element.
 - Speak back your forgiveness and what you mean by forgiveness.

Illustrations of the Skills:

- [Free Video 11, 3:41-8:00 \(Bowling Ball Demo\)](#)
- [Free Video 11, 9:33-11:25 \(Forklift Light\)](#)
- [Muddling Along or Unity, pp. 94-95 \(Forklift Light\)](#)
- [Muddling Along or Unity, pp. 96-99 \(Anger Addiction\)](#)
- [Muddling Along or Unity, pp. 103-106 \(Family Laundry\)](#)



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Explanations of the Yellow Belt Succinct Answer Cont'd:

Admit my contribution – For instance, “I realize this is what I did.” Some research indicates including a brief explanation may also be important; however, avoid accusing the other person.

Express regret – For instance, “I’m really sorry.”

(IOU) Make restitution – If possible. It is often helpful to ask if the other party has any ideas for what you could do to restore what they lost as a result of your attitudes and/or behavior.

Repent – Your plan to change and to keep the other person safe while you change. You might find help crafting your plan for change by researching “how to change a bad habit.” Five Realities:

1. Habits create physical and chemical ruts in the brain, changing the structure of the brain.
2. Changing a habit requires creating a new rut and erasing the old.
3. Old ruts take up to seven years to completely disappear from the last time that habit was done.
4. Lapse (doing an old habit temporarily, then getting back on the road to solidifying the new habit and erasing the old) happens until the old rut is erased. Relapse is when a person does the old habit, decides it is too hard to change, and goes back into the old lifestyle.
5. The natural pattern of ending old habits: it is longer between lapses and the old behavior is less intense with each lapse. ***So, sometimes the only repentance you can offer is to point out this pattern is occurring and re-commit to continuing the change.***

Ask Forgiveness – For Instance, “Will you forgive me?,” or in a professional environment, “Are we good?,” or “Is there anything else I need to do to make this right?” Perhaps explain what forgiveness is. Forgiveness is asking the other party to:

- Consider the debt I owe you - due to the offense(s) - paid in full.
- Risk rebuilding trust with an understanding that neither of us knows how long that will take or what level of trust we will ever be able to regain.
- Risk developing a healthy relationship with me even though neither of us might be sure at this moment what “healthy” would practically look like from this point forward.

“And I stood there with the coldness clutching my heart. But forgiveness is not an emotion—I knew that too. Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart.” Corrie ten Boom. Retrieved 2025-07-06, from

<https://guideposts.org/positive-living/guideposts-classics-corrie-ten-boom-forgiveness/>