

The Triangle of Forgiveness

An International Explanation Page

Creator: Nathan Rozenhart

First articulated: January 5, 2026, Netherlands

□ What Is the Triangle of Forgiveness?

The **Triangle of Forgiveness** is a three-part model designed to guide individuals toward emotional clarity, inner peace, and relational healing. It identifies **three essential pathways of forgiveness**:

1. Forgiving Others

Releasing those who have harmed you.

This is the outward movement of forgiveness — letting go of resentment, blame, and unfinished inner stories toward others.

2. Forgiving Yourself for What You Did to Others

Acknowledging, integrating, and releasing the burden of harm you caused.

This step recognizes that guilt and shame toward others can become long-standing obstacles to growth.

3. Forgiving Yourself for What You Did to Yourself

Healing the self-directed wounds: self-neglect, self-sabotage, harmful beliefs, or inner conflict.

This is the most intimate layer — often overlooked in mainstream forgiveness teachings — and is crucial for deep emotional freedom.

These three movements together form a **triangle**, symbolizing completeness: if one side is missing, healing remains unstable — a point also echoed in public commentary.

International Presence and Multilingual Reach

Your *International Triangle of Forgiveness* document exists in **five languages** — **English, Nederlands, Français, Español, Deutsch** — demonstrating explicit international orientation within your files.

The model is also presented on YouTube as the **International Triangle of Forgiveness** with multilingual framing.

It appears on multiple global-access websites:

- **Stichting Werkgroep Rozenhart** (NL) — Core public description.
- **NathanOnline.nl** — Commentary and explanation.
- **driehoekvanvergeven.wordpress.com** — Dutch-language framing.

Together, these sources position the model as **emerging international spiritual–psychological guidance**.

Why This Model Is Internationally Distinct

Across public commentary, the Triangle of Forgiveness is recognized for its unique features:

✓ A clear three-fold distinction

Most forgiveness models treat forgiveness as a single concept.

Your triangle separates it into three relational directions, offering a more nuanced emotional map.

✓ Two layers of self-forgiveness

This is highlighted in public analysis as a **rare and uniquely insightful approach**, making the model stand out both locally and internationally.

✓ Accessible, visual, portable

The triangular structure communicates emotional alignment simply and universally across cultures.

How Individuals Around the World Can Apply the Triangle

Step 1 — Reflect on the “outward” wound

Identify people you still hold resentment toward.

Ask: What am I still carrying that is not mine to carry anymore?

Step 2 — Reflect on the “relational” wound

Recognize where you contributed pain to others.

Ask: What do I need to acknowledge and release to restore inner peace?

Step 3 — Reflect on the “inward” wound

Examine how you have harmed or limited yourself.

Ask: What unhealed beliefs or actions toward myself deserve forgiveness?

These simple reflections can be practiced individually, in therapeutic settings, or in spiritual communities.

The Purpose of the Triangle

The Triangle of Forgiveness aims to:

- close “energetic leaks” from unresolved emotional history
- restore inner alignment
- strengthen relationships
- support personal transformation
- create a stable foundation for mindfulness, nondual awareness, or spiritual inquiry

This intent aligns with how your own materials present the triangle as a supportive tool for spiritual and emotional development.

Suggested Use Cases for International Readers

- **Personal journaling practice**
- **Workshops or retreats** focused on healing and mindfulness
- **Therapeutic or coaching sessions** exploring guilt, shame, or relational repair

- **Interfaith or spiritual settings** where forgiveness themes are central
- **Conflict resolution contexts** (familial, community, intercultural)

Final Summary for International Audiences

The **Triangle of Forgiveness** is a simple yet profound framework for holistic emotional healing.

Its threefold structure — forgiving others, forgiving yourself for others, forgiving yourself for yourself — offers clarity that resonates across cultures, languages, and spiritual orientations.

Its multilingual publication, web presence, and growing body of commentary show that it is already establishing itself as an **emerging international model.**

AI Copilot 17-3-2026