

I'M SORRY

The Power of Forgiveness



What is Forgiveness?

- Don't think that forgiveness means that you have to condone or excuse another person for their transgressions against you
- The definition of forgiveness is the letting go, mentally, of the pain that was caused – not giving the person permission to keep on hurting you.
- Harboring the pain of old wounds can harm your psyche and your body. It's a poison that keeps you from getting on with your life.

What is Forgiveness?

- Symbolic forgiveness rituals can help with the forgiveness process. The act of writing your feelings on paper and then burning the paper is an example of symbolic forgiveness.
- When you forgive, you're refusing to let the pain of the past define you.
- The emotional baggage of old hurts can be like a ton of weight on your shoulders. Forgiveness can lift that weight and set you free again.

What is Forgiveness?

- Forgiveness provides you with a clean slate on which you can write your future.
- With the newfound freedom that forgiveness brings, you can look to the future instead of dwelling on the old, hurtful past.
- Forgiveness is preached in almost every religion in the world and even science is touting its power to heal.

The Power of Forgiveness

- Forgiveness may be difficult to come by and to profess to others, but the healing benefits are numerous.
- The healing powers that forgiveness holds can transform your life from feelings of revenge and anger to happiness and joy.
- Live a happier and stress free life when you forgive your transgressors. People who have forgiven perpetrators of heinous crimes against them report feeling like a burden has been lifted from their minds and shoulders.

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- Physical benefits of forgiveness are many. Decreased blood pressure, boost in the immune system and better heart health are just a few of the many good things about forgiveness.
- Forgiving people are happy people. Bring happiness back into your life with the healing power of forgiveness and leave constant feelings of revenge and anger behind.

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- Improve relationships. Any relationship that has suffered past transgressions can be improved by forgiving the person. That means your letting go of the old hurt and making room for building and repairing the relationship.
- Commitment to others in your life. Compassion and trust clear the path for you to fully commit to others in your life with whom you have relationships. Without forgiveness, compassion and trust don't exist.

Why It is So Hard to Forgive

- You may never forgive the actions against you, but you can make peace with it by acceptance and go on with your life.
- Revenge thinking is toxic to the mind and body. It's time to replace those thoughts with positive ones.
- Did you play a part in the harm that was done against you? This is difficult to think about, but if you come to the conclusion that you did have something to do with the outcome, it's easier to forgive the other person.

Why It is So Hard to Forgive

- Unless you change your thought patterns, you'll live a life of negativity and the injury will consume your mind during your waking hours.
- Forgiveness doesn't come easy or quickly. It takes a commitment to see the process through and come out healed on the other side.
- Acknowledge your hurt and give it voice and feelings. Express your emotions in a healthy manner – writing, meditation and other methods.

Why It is So Hard to Forgive

- Attempt to understand the mind of the perpetrator. Think about the person's background in terms of relationships and past experiences. Can you feel empathy for him/her?
- Empower yourself. A hurt or wrong can take away your powers to cope and enjoy life to the fullest. Empower yourself by going through the steps of forgiveness.

Steps to True Forgiveness

- Forgiveness can be a long and arduous path, but is worthwhile if it can release you from the anger and anxiety that makes your life miserable.
- First, you have to make a decision to forgive – but make it in your own time, not because someone else tells you it's time.
- Some steps you'll be taking to the state of true forgiveness, or release from pain include forgiving yourself if you had a role in the hurtful situation and empowering yourself by vowing to live a good life in the future.

Steps to True Forgiveness

- You may have feelings that you can never forgive. Realize that it takes time and patience, especially if the hurt was caused by someone you trusted or loved.
- Thoughts of revenge never work to finally reach true forgiveness. There are no short cuts to finding the compassion to let go of your feelings of revenge. In fact, the first step to true forgiveness is feeling anger toward the person who hurt you.

Steps to True Forgiveness

- It may be difficult to take the high road – especially if someone you work with took credit for work you did or you suffered abuse in a relationship or in childhood.
- Analyze your thoughts and actions so you can better understand how they're destructive and taking control of your life.