



The Gift of Forgiveness

You can do this exercise alone – you do not have to do it with the person you wish to forgive.

I understand that in your need to be right you'll be thinking you:

- ➔ Want an apology
- ➔ Want justice
- ➔ Want acknowledgement of what they did
- ➔ Them to be willing to own up

Remember forgiveness doesn't mean you excuse or condone their behaviour.

But if you hold on to it you are hurting yourself more than you are hurting them.

Those people who have chosen to forgive in the vilest of situations get to feel inner peace.

It's not a cop out. It's an opt in – to a more peaceful life

TRY THIS EXERCISE:

1. Make a List

Make a list of everyone you've not forgiven in your life. Doesn't matter how large or small the injustice was. Start with family.

Then, look further– include every relationship, nasty boss, friends who criticised, rude strangers, people who embarrassed you.



Now make a list of things you need to **forgive** yourself for – the times you judge and insult yourself, the times you talked yourself out of things, played small, felt not good enough, you double crossed someone, you lied. Go back as far as you need to in your history.

No one is perfect.

Think of what you decided about yourself as a result of these moments – I am not worthy, I am a loser, a failure.....

It's time to leave it behind

2. The process

Mentally think of each person and state to each person (and yourself) and situation:

I'm sorry

I love you

I forgive you

That is it. Repeat it over and over for each incident. You may feel emotional, just carry on with the mantra. Allow any emotions to crop up. Afterwards, have a rest

3. Review

After a few days go back to your list and see if there is any negative emotion remaining.

Notice how you feel about each incident.

You'll feel a shift. You won't see the person in the same way anymore.

You'll have given yourself the gift of freedom to create new opportunities.

Give yourself permission to be free.....

No need to share today, you can reflect quietly OR do share if it feels right for you to do so.