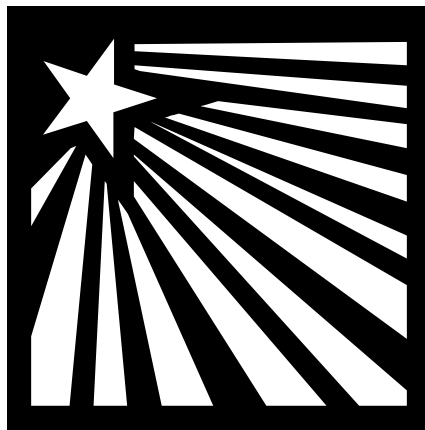


Forgiveness Ideas



A collection of thoughts and strategies to inspire, promote and facilitate forgiveness. This range of ideas is offered with the intention that the right ones for you will present themselves in order to inspire your desire to forgive.

Once the desire is there, your success is inevitable!

To your joy - Robin

Why forgive? A few benefits:

Researchers are looking at a new reason to forgive. They believe it can save your life. They know a lifetime of unresolved feelings will affect a person's psychological health, and now are finding links to physical health. A growing body of research reveals that those who forgive have:

- Improved relationships
- Fewer health problems
- Lower incidence of the most serious illnesses
- Reduced depression
- Gain in self-confidence, vitality, and hope

Forgiveness reduces anger and stress, and 60 to 90 percent of all the business that comes to physicians is stress-related.

Many people think that forgiving someone lets them off the hook, maybe undeservedly, evidence is mounting that it's the one who stops holding a grudge who finds a new lease on life - and on health and well-being

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Forgiveness Ideas

Forgiveness is when an individual who's been hurt or offended, decides and practices giving up his or her desire to avoid the person who hurt him or her, or gives up the desire to exact revenge on the person, and also to seek reconciliation between the two people, if it's safe and possible.

Forgiveness is giving up the hope of a better past.

The ability to forgive is linked to our self-esteem. The more self-esteem, belief in our own worth and sense of our own potential we have, the easier it is to release the pain we experienced while interacting with another. Self-esteem increases as we improve our self-care and spend time uncovering and then doing those things that add joy, health and happiness to our lives. When we love ourselves and our lives we have more love to offer others, even those who have disappointed us greatly.

Forgiveness can save your life. Not forgiving is like taking a teaspoon of poison a day and thinking that it will hurt the *other* person. It keeps your body in defense or survival mode and the negativity impacts immune system function, plus your ability to move forward or experience happiness.

Holding onto anger and resentment requires a substantial amount of defensive and stressed energy and a constant supply of the chemicals needed to create the negative feelings. Hard on your body – and using the energy/resources that could be better used to avoid colds and the flu and promote health!

One of the greatest parts of the forgiving process is to forgive both yourself and others, and to stop expending your valuable energy on past hurts. The hurt or the people involved begin to dominate our thinking and focus and take up huge space and energy in our minds. And because you get more of whatever you are focusing on – a negative cycle occurs as people recycle and repeat the offense.

Part of the challenge in forgiving is that sometimes we desire an emotional balance sheet. Intellectually forgiving makes sense to us, but emotionally, we might feel that hurts against us must be punished, or we must be punished.

An important point: forgiveness is not condoning or excusing an action. It's letting go of the negative emotions that can take over.

Forgiveness is not about reconciling with the person or telling them that you are forgiving them. It is for your inner well-being, not the other person.

Forgiving does not mean saying that what happened to you does not matter, or that it is all right for someone to have violated, betrayed or broadsided you. It simply means releasing the negative feelings, discontinuing telling yourself the story again.

Applied to other people, forgiveness is a process through which we seek to free ourselves from the bondage to another person that is maintained for as long as we stand in judgment of them.

The torment is generated by the story about the incident and continued by you, not the other person. You are furthering the mental agitation. Release the need for personal justice. Don't have a story about being wronged or righteous. Begin to notice those thoughts that come from fear or scarcity, and replace them with statements such as: "Even though I am sad (mad, hurt, angry) about(what happened), I am OK just the way I am today, and moving forward."

Take the time to reflect upon and understand how you feel about the incident and be able to voice the emotions plus what was not OK about it. Journaling this can be helpful – or telling a trusted friend that will be able to hear your story and leave it behind. Anytime the incident resurfaces in your mind, practice a stress reduction technique as you also remind yourself of your ability and intention to release the past and move forward. Breathe. Again. Slower. Focus your attention on something you are grateful for right now.

As your ease increases, the desire to forgive and experience gratitude will also.

Forgiveness becomes easier as we begin to realize that people are doing the best they can, even the people that have hurt us.

Begin to tell yourself a courageous story about your ability to forgive, move forward and claim a future you love! You are exceptional!



Tips for Total Forgiveness

How to know you have totally forgiven. You:

- Do not need to let anyone know what someone said about you or did to you.
- Do not allow anyone to be afraid of you or intimidated by you
- You want them to forgive themselves and not feel guilty
- You let them save face
- You protect them from their greatest fear
- You pray for them to be blessed

Principles of total forgiveness:

- Being aware of what someone has done and still forgiving them
- Choosing to keep no records of wrong
- Refusing to punish
- Not telling what they did
- Being merciful
- Graciousness
- It is an inner condition
- It is the absence of bitterness
- Forgiving God
- Forgiving ourselves

What total forgiveness is not:

- Approval of what they did
- Excusing what they did
- Justifying what they did
- Pardoning what they did
- Reconciliation
- Denying what they did
- Blindness to what happened
- Forgetting
- Refusing to take wrong seriously
- Pretending we are not hurt

Learn more about this topic in R.T. Kendall's book [Total Forgiveness](#).

Forgiveness is the fragrance left by the violets around the heel that just stepped on it

Catherine Ingram

The Top 10 Ways to Quit Playing a Victim Role in Life

Going through life as a *victim* is a dead end and lonely way to live. It is common among people who have been abused, or people who tend to have a co-dependent personality. It is even common among people who fall into neither of those categories! It is something many people simply choose to develop over time. It is also something that a person can change if they work on it over time. The reward is a feeling of empowerment and being in charge of your life, as well as a sense of self-love and respect that will affect everyone around you, and give you a much better chance at personal and professional success and contentment.

1. Learn to ask for what you need and want at the time you need or want it.
2. Learn to say "No" without any feelings of guilt. Creating guilt helps keep the victim stuck being a victim.
3. Get into action! Quit complaining and blaming and start *doing*.
4. Quit blaming other people or events for your life situation and problems. Everyone has a life/situation *story* to tell. What matters is what you are doing with your life *now* to get what you need and want and to solve your problems.
5. Don't let others speak for you. Speak for yourself! You know how you feel. Let others know!
6. Forgive everyone in your life who you feel has ever hurt you (including yourself). Then *let it go* and stay in the *present* time period and stay out of the past and future.
7. Decide what you are good at and love to do personally and professionally and go after it until you are doing it.
8. Stay away from negative thinking, speaking and acting people or people who continually dump their problems on you. Associate with people who have the kind of success, attitude and qualities that you want to have yourself.
9. Build up a healthy self-esteem by doing what you like, having some successes, using your God-given skills and taking credit for all that you do. Learn to say thank you to every compliment!
10. Develop a plan to become responsible emotionally, financially, and physically. Once you are in control of those areas, you will feel in control and will not tend to attract people who want to take care of you or who will see you as a *victim* in need of them or their care.

Forgiveness & Self-Esteem

Our self-esteem is directly related to our ability to forgive. Holding on to old grudges, old pain and anger lowers our sense of well-being and confidence. Relationships are built on shared assumptions, trust, honesty, fair-treatment, and when these are broken, we are faced with the question of whether and how to forgive. When we stay angry, we deplete our own energy and are slowed down in achieving our dreams and goals, still fueling the unforgiven incident.

Forgiveness Myths

Authentic Forgiveness

Forgive and forget. This is a surefire way to set yourself up to make the same mistake again.	If you work through the hurt, you can integrate all you learn into the fabric of your relationship, and then move on.
To forgive is to absolve. All that does is lift responsibility before you can make reparation.	State what you need without bitterness. Forgive to move forward, not to change the other person.
To forgive is to sacrifice. It's never OK to give up what you want and need for the sake of harmony.	Accept responsibilities for wrongs, ask what you can do to make amends and do it. And if asked again, be willing to do it more than once.



Please remember:

What you think about, you bring about.

What you focus on, you become.

*You can release and forgive
and move forward into immense peace and joy.*

Forgiveness practice:

- When the memory of the hurt/guilt/anger arises (and it will), remind yourself that your intention is to heal.
- Breathe, lengthen your exhalations
- Set the intention to let go and release this hurt.
- Persist.
- Forgive yourself.
- Forgive the other person.

I am cheering you on!

Live your life with passion & be well,

Robin

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be your best ...