Prescription for Forgiveness

NAME _____ DATE _____

ADDRESS _____

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The remedy

Forgiveness is not a mandatory practice, but it's a great skill to have particularly in difficult times. The ability to practice forgiveness will help reduce stress and unnecessary suffering, and it also mitigates anger. Forgiveness is defined differently throughout the world, but it's not forgetting or ignoring the fact that you've been injured. Forgiveness is the ability to let go of hurt in order to free yourself of the pain and suffering that comes with holding on to past hurt.

1. Know exactly how you feel about what happened and be able to articulate what about the situation is not OK. Then tell a few trusted people about your experience.
2. Make a commitment to yourself to feel better. Forgiveness is for you and no one else.
3. Know that forgiveness does not necessarily mean reconciling with the person who upset you or condoning his or her actions.
4. Give up expecting things from your life or from other people that they do not choose to give you. You will suffer when you demand that these things occur, since you do not have the power to make them happen.
5. Remember that a life well-lived is your best revenge. Instead of focusing on your wounded feelings, and thereby giving power over you to the person who caused you pain, put more energy into appreciating what you have rather than attending to what you do not have.

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