

Forgiveness Exercises

Being willing to accept what has happened to you and being willing to forgive other people can bring you a sense of well-being and peace. Regardless of your score on the assessment, the following exercises have been designed to help you forgive people in your life.

Most people do not forgive because they are unaware of what forgiveness truly can incite. Forgiveness can be the refusal to try and do to another what has been done to you. It can be your desire to stop the need for revenge for something that has happened to you.

People often feel as if they have been victimized at some time in their lives. Whether the victimization you experienced was from crime, neglect, accident, childhood abuse, poor family relationships, partner abuse, domineering relationship, alcohol abuse, or something totally different, you need to decide whether or not you will forgive yourself and the offending person(s).

Forgiveness is a gift that you can give to yourself and to anyone who has hurt you or yours, without any conditions attached. Most people think that forgiveness takes place when someone asks for forgiveness for doing something hurtful or wrong. It is healthier not to worry about being asked for forgiveness. You can provide forgiveness to people who have wronged you without their even knowing you have forgiven them. Forgiveness is a gift you give to yourself as well as to the other person(s).

Stifling anger and resentment can cause many physical and psychological problems; forgiveness, however, can become part of the healing process. By forgiving others, you agree to accept a wrong committed against you and move on with your life. Complete the following table of people (they can be living or deceased) whom you feel it might be wise for you to forgive.

People It Might be Wise for Me to Forgive

Person to be forgiven	What the person did
<i>Ex. My mother</i>	<i>Ex. She didn't have time for me</i>