

## ~ ESSENTIAL FORGIVENESS FACTS ~

- Forgiveness is first and foremost for *you*, the one who forgives. It allows you to reclaim your own emotional and spiritual balance.
- Forgiveness is a decision to free oneself from any lingering pain of past experiences or events.
- When you forgive you are making a sane and courageous choice to move forward in your life.
- **The goal of forgiveness is not to deny a painful or traumatic experience, but to deny it the power to control you any longer.**
- Forgiveness does not condone, excuse, or justify anyone's bad or hurtful behavior.
- Reconciliation is not the goal of forgiveness, inner peace is the goal.
- Forgiveness is a process, not a magical cure. In some cases it may take time to begin to really feel better.
- Forgiveness heals everything it touches in you, including your mind, emotions, body, and spirit. It heals by lifting old pain and making room for new life.
- Forgiving people are not weak; they are wellness warriors, continually practicing the art of staying in the present, setting good boundaries, and living in wholeness.
- Forgiveness stops the escalation of anger and other negative emotions.
- Self-forgiveness lifts the joy-depleting burden of guilt and shame.
- Forgiveness does not seek to deny your honest emotions and reactions to events in your life. It helps you deal with them in a more constructive and healthy way.
- To forgive is to set oneself free of any self-imposed prison of resentment, blame, regret, disappointment, retribution, or fear.
- As you practice forgiveness, you demonstrate compassion, kindness, and non-judgment toward yourself.
- Unattended and resisted, pain becomes suffering; **forgiven**, it becomes a blessing because a measure of peace comes to you each time you forgive.

