
Forgiveness

EPIISODE 60

How to move toward forgiveness:

1- Sort through your thoughts and feelings

Get all the thoughts out and take a look at them one by one.

- What feeling does this create?
- What thought is creating this feeling?

2 - List just the facts

The more simple and basic, the less likely it is to have an opinion woven in there.

3 - Accept your emotions

Processing through a situation and all the thoughts and feelings involved is a way to move through the emotion authentically and arrive at a different place. But the goal is not to rush to feeling better.

Take some time to understand why you feel this way and consider how forgiveness might serve you.

How can you move through feelings of hurt, anger, shame, or guilt and give yourself the gift of forgiveness?