What is Forgiveness?

Definition

The definition of forgiveness is the conscious choice to release resentment, anger, and the desire for revenge against someone.

Signs of Forgiveness

Signs of forgiveness can differ depending on the situation but signs usually are no longer feelings negative reactions, wishing them well instead of harm, no longer feeling the desire for revenge, and feeling inner peace

Ways to Forgive

It may not be simple to easily forgive, but ways to forgive can happen by just keeping yourself busy, doing things that make you happy, find inner peace, and maybe just accepting what had happened.

Forgive- Xavier

Why do we forgive

Inner Peace

We forgive because holding onto our emotions can effect us emotionally. By letting go it not only helps reduce our stress but also allows us to move forward knowing we better ourselves

Forgiveness in Relationships

Forgiveness in relationships can repair them. When we forgive we open a gate to understanding each other and communication. Which helps us build trust and makes our connection between

Growth Through Forgiveness

Forgiving makes us grow into better persons. Forgiveness teaches us empathy and sympathy. Also helps us learn from difficult mistakes and makes us become more mature

Forgive-Erik

How to Forgive

Acknowlegde the Hurt

Forgiveness starts by recognizing the mistake you've made. By accepting what happened gives you an idea on how to understand your or their feeling to start the healing process.

Release the Burden

Forgiveness begins with the realization that holding on to the anger built up inside weighs on you. The freedom that hits you when you finally realize that whatever happened isn't your fault is truly uplifting, it makes you feel so much better at the end of the day.

Accept What Happened

Accept what happened, whatever happened is part of what made you yourself. Whatever had happened was the past and nothing can do anything about it. Live in the present, not the past.

Forgive- Sixto