

# FORGIVENESS RESTORES MY PEACE OF MIND.

When I forgive others, I also liberate myself from being weighed down by past events. I wipe the slate clean and start anew.

Forgiveness puts me back in control of my life. I focus on my own reactions rather than external events. My resilience increases as I become more skillful at dealing with conflicts and disappointments.

Letting go of resentments reduces my anxiety. I know from experience that I commit many actions for which I need to be pardoned. ***It is important to teach myself that absolution is possible.***

Most of all, I take pleasure in knowing that I promote healing when I make allowances for mistakes and misjudgments.

A tolerant attitude helps me to better understand someone who hurts me. They may be feeling pressured or experiencing great losses.

***When I respond with kindness rather than anger, we all have the opportunity to grow.***

Absolution becomes easier and more constructive when I accept accountability for my role in any clashes. I am honest with myself about my shortcomings.

Distinguishing between people and their actions helps me to protect my own welfare while turning the other cheek. ***I understand I can feel affection and concern for others without condoning behavior that contradicts my values.***

Forgiveness becomes more automatic as I rejoice in the good feelings it brings.

Today, I throw away grudges from the past. I enjoy the peace of mind that comes with extending forgiveness.

### **Self-Reflection Questions:**

1. What are the barriers that make it difficult for me to forgive?

2. How does forgiveness make me happier?
3. Is there one person I could choose to forgive today?