

Understanding & Practicing Forgiveness

"The Anger Workbook" By Dr. Frank Minirth , "The Anger Trap" Dr. Les Carter, "Not Just Friends" By Dr. Shirley P. Glass

What Forgiveness is NOT:

1. Letting go of healthy communications of anger.
2. Allowing others to continue disrespectful behavior.
3. Pretending that everything is normal as if nothing has happened. or that past wrongs are insignificant everything is fine now.
4. Acting as though we are best buddies with the one who has done wrong.
5. Dependent upon whether the other person deserves the forgiveness.
6. Denying the real pain that misdeeds create.
7. Something you have to do on your own – God will help you do it.
8. Mere words to satisfy a "Legal Standard".
9. Dependent on the perpetrators response.
10. Releasing the guilty party from legal consequences or responsibility to God for their behavior.

What Forgiveness IS:

- *Forgiveness is a gift to yourself.* If you are able to free yourself from the anguish and burden of the past through forgiveness, you will move forward in your life journey with a lighter step.
- *Forgiveness is a choice.* You choose not to be held hostage in the present to injuries that occurred in the past. Authentic forgiveness acknowledges the wound and is the result of conscious effort.
- *Forgiveness is a process.* It takes time to work through it. There is a commitment to working the process.
- *Forgiveness is letting go of obsessive ness, bitterness, and resentment.* Forgiveness is built on a sincere desire to let go of anger and resentment and a conscious decision to take positive steps to move on with your life.
- *Forgiveness is letting go of the pain.* When you forgive, you free yourself from continual suffering without minimizing the injury. Forgiveness is a personal act that directly affects the quality of your inner life.
- *Forgiveness is letting go of revenge and the need to punish.* You make the decision to live in the self-centered atmosphere of solutions rather than blame.