

## Handout 7.2: Healing Thoughts for Forgiveness

### *Healing Thoughts for Forgiving Others*

1. If you can't forgive, you get stuck in a moment of time. You become a prisoner of your past.
2. You deserve to free yourself from the bitterness that holds you back from a healthier life.
3. Forgiveness frees you from the burden of grudges that hold you back from a more positive life.
4. Forgiveness helps you to let go of old wounds and helps you reclaim your life.
5. Forgiveness is more about you than it is about the other person.
6. Realize that some fences need repair and some fences can't be fixed. Regardless, forgive.
7. Remember that people cannot give you what they don't have in themselves to give.

### *Healing Thoughts to Forgive Yourself*

- It is unfair to look from your vantage point now and expect yourself to know *then* what you know *now*. Forgive yourself for not having the foresight to know what you now know in hindsight.
- Do what you can now to make things right. Let your regrets propel you into positive action, not keep you a prisoner of your past.
- If you need to apologize or make amends, do it now. Admitting fault is a sign of strength, not of weakness.
- It might be too late to change what happened, but it is not too late to change how you cope with what happened, and what you do about it now.
- In reality, most of our stumbles are not failures if we learn from them. They cause us to deepen and become wiser.
- You won't be able to truly forgive others until you can forgive yourself.