

Forgiveness is the conscious decision to release resentment and anger toward someone who has harmed you, regardless of whether they deserve it. It is a process for your own healing that does not require forgetting, condoning the offense, or reconciling with the person. Instead, it frees you from the emotional hold of past hurts, leading to benefits like reduced anger, stress, and anxiety, and can improve mental and physical health.

What forgiveness is

- A conscious decision: It is a deliberate and voluntary process of changing your feelings and attitudes toward an offender.
- A release of negative feelings: It involves letting go of resentment, vengeance, bitterness, and other painful emotions associated with the offense.
- A gift to yourself: By letting go of grudges, you can experience peace of mind, improve your health, and create space for joy and connection in your life.
- A way to move forward: Forgiveness helps you move past a traumatic event rather than being defined by it, allowing you to heal and move on.

What forgiveness is not

- Forgetting: You do not have to erase the memory of what happened.
- Condoning or excusing: Forgiveness does not mean you believe the offense was okay or that it didn't happen.
- Reconciliation: You are not obligated to restore the relationship or make amends with the person who hurt you.
- Releasing accountability: Forgiveness does not release the offender from legal or other forms of accountability.