



FORGIVENESS-PT 1

Forgiveness is not something we do for the sake of others, it's something we do for the sake of ourselves. When we hold on to negative feelings about others, we are literally storing that negativity, anger and resentment within our physical and emotional bodies. We walk around carrying that negativity with us wherever we go, thinking no one else can see it; when it reality, it's affecting everything we come in contact with. So, who do you need to forgive? What situation do you need to forgive yourself for? **Forgiveness is about RESPONSIBILITY. It's about asking ourselves: "How have I CAUSED OR ALLOWED this situation?"** We don't always CAUSE the situation (the rape, the abuse, the disease, the earthquake) but we do choose how we ALLOW ourselves to respond to it. **Below, right a list of anyone or anything you still harbor resentment towards, or whom you are waiting for an apology from. Then, dig deep and get honest about how you played a role in the situation by either CAUSING it or ALLOWING it.**

WHO/WHAT DO YOU NEED TO FORGIVE?	THE PART I PLAYED IN IT
EX 1: My Father	I never spoke up about how I felt. I expected him to come to me and apologize, + I've resented him for years because he never has. We keep growing apart because of it.
EX 2: My coworker	I never set proper boundaries, so he feels he can dump all his work on me.