FORGIVENESS

FORGIVING OTHERS

- Contact the pain that this person has caused you, perhaps even feeling it in your body as residual stress.

- Offering yourself compassion for how you've suffered, perhaps saying: *"May I be safe. May I be peaceful. May I be kind to myself. May I accept myself as I am"*

- If it feels like you need to stay here, keep giving yourself compassion.

- If it feels right to try to forgive, seeing if you can now try to understand the forces that made this person act badly. Recognizing that it's only human to make mistakes. Consider if there were any environmental factors impacting what happened. For example, was he or she under a lot of stress at the time? Or consider the factors that may have shaped this person's personality (e.g., financial stress, difficult childhood, low self-esteem, cultural factors)

- Beginning to offer forgiveness to the other person, perhaps saying the phrase: *"May I begin to forgive you for what you have done, wittingly or unwittingly, to have caused me harm."*

- If it feels right, deciding not to be hurt like this again, at least to the best of your ability.

FORGIVING OURSELVES

- Take a few moments to consider how your actions impacted the other person and feel your regret and remorse.

- While opening to the truth of what you did, also recognizing that it's only human to make mistakes. Maybe you feel some shame. That's also human.

- Offering yourself compassion for how you've suffered, perhaps saying: *"May I be free from fear. May I be free from shame. May I be kind to myself. May I accept myself as I am"*

- If it feels like you need to stay here, keep giving yourself compassion.

- Now trying to understand some factors leading to your mistake. Taking a moment to consider if there were any environmental factors impacting you at the time. For instance, were you under a lot of stress? Or were certain aspects of your personality triggered in an irrational way, old buttons pushed?

- Now seeing if you can offer forgiveness to yourself, saying the phrase: *"May I (begin) to forgive myself for what I have done, wittingly or unwittingly, to have caused [this person] harm."*

- If it feels right, deciding not to make this same mistake, at least to the best of your ability.