

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #47: REMEMBER THE PURPOSE OF FORGIVENESS



Remember the purpose of forgiveness is not to try and change the other person's behaviors. Sometimes you hope that forgiving someone will change them for the better, that they will treat you better, but that is not what forgiveness does. The purpose of forgiveness is to bring yourself a sense of peace not change another's actions.

Forgiving someone is supposed to give you comfort. It is meant to help alleviate the pain and resentment you feel towards someone in order to live a happier life. Holding onto bitter feelings makes less room for us to experience positive feelings.

Forgiveness makes sure that you do not fixate on the person who hurt you and it is necessary for you to move forward with your life.

Practice Forgiveness Today:



1. REFLECT ON INSTANCES WHERE YOU HAD TO FORGIVE SOMEONE.
2. THINK ABOUT IF FORGIVING THEM ALWAYS LED TO A CHANGE IN THEIR BEHAVIOR. DID THEY TREAT YOU BETTER?
3. IF NOT, THINK ABOUT HOW FORGIVING THEM STILL BENEFITED YOU.
4. USE THOSE BENEFITS TO REMIND YOURSELF THAT FORGIVENESS IS NOT FOR THE OTHER PERSON BUT FOR YOURSELF.

Parent Practice Tip:

Take some time to discuss the purpose of forgiveness with your child(ren). Help them list the personal benefits of forgiving someone.

To Learn More:

WHAT IS FORGIVENESS?

[Meditation Music for Positive Energy](#)

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