

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY #31: FORGIVE AGAIN AND AGAIN



When you forgive someone for hurting you, it doesn't mean you've forgotten the incident. Forgiving someone does not require you to forget the past. We each grow from our experiences and we never want to forget the things we've learned. Sometimes our mind will replay random incidents throughout our lives; bringing up old thoughts and feelings. When this happens, it is important to understand that you may have to go through the forgiveness process all over again.

Forgiving someone is a process. How you feel today, may not be how you feel tomorrow or next year. It is perfectly natural to be upset about the same things more than once. However, do not sit in your anger because holding on to anger consumes you and not them. Forgive the person again and again in order to restore your peace of mind.

### Practice Forgiveness Today:



1. REMEMBER FORGIVING SOMEONE IS A PROCESS. YOU MIGHT NEED TO REVISIT AND FORGIVE PAST EVENTS OVER AND OVER AGAIN. WHEN YOU SUDDENLY REMEMBER SOMETHING THAT HURTS YOU, TAKE 5 DEEP BREATHS.
2. REFLECT ON THE SITUATION FROM YOUR POINT OF VIEW AND FROM THE OTHER PERSON'S POINT OF VIEW.
3. REMEMBER THE REASONS YOU FORGAVE THE PERSON IN THE FIRST PLACE.
4. THINK ABOUT WHY IT WAS IMPORTANT TO FORGIVE THEM AND HOW FORGIVING THEM POSITIVELY AFFECTED YOUR LIFE.
5. FORGIVE THEM AGAIN.

### Parent Practice Tip:

Forgiveness is an important concept for children to learn. Take the time to share your own personal story of forgiveness or read a forgiveness story to your child(ren).

### To Learn More:

What is Forgiveness?  
HOW TO HELP YOUR KIDS  
UNDERSTAND FORGIVENESS

[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)