

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #11: WRITE A FORGIVENESS LETTER TO SOMEONE WHO HURT YOU



As Tyler Perry once said, "It's not an easy journey, to get to a place where you forgive people. But it is such a powerful place, because it frees you."

Forgiveness means choosing to let go of anger and resentment towards yourself or someone else, to surrender thoughts of revenge and to move forward with your personal power intact. But, while forgiveness is a powerful way to regain peace in your life, it is also a process. You may not be at the point in this process where you can say that you forgive the person who hurt you, but as Tyler Perry said, it's a journey. You will get there eventually. One way to help you along is to write a forgiveness letter.

Practice Forgiveness Today:



1. THINK ABOUT SOMEONE WHO HAS HURT YOU RECENTLY.
2. TAKE DEEP BREATHS WHILE YOU ACKNOWLEDGE THE PAIN THEY CAUSED YOU.
3. HAVE YOU FORGIVEN THEM? IF NOT THAT'S OKAY, FORGIVENESS IS A PROCESS. IF YES, THEN GRAB A PIECE OF PAPER AND A PENCIL AND WRITE THEM A LETTER.
4. USE THIS LETTER TO EXPRESS THE HURT THAT THEY CAUSED YOU AS WELL AS YOUR DECISION TO LET IT GO.
5. KEEP THE LETTER, DESTROY IT, OR SEND IT. THE CHOICE IS YOURS.

Parent Practice Tip:

It's easy to become frustrated during this time, especially with those around you. The longer we spend in confined spaces, the more irritable we will become. Remember to practice forgiveness with those around you.

To Learn More:

How to Forgive
What is forgiveness?

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