

Forgiveness

1. Make a list of the things/people you find difficult to forgive.
2. Choose one
3. Outline your feelings. You can be childish about it. Outline how this person/event hurt you.
4. Get revenge. (only in your mind, of course) Outline how it would feel to get revenge on this person/the universe. Write down what you would do and say to this person/the universe.

Write down how it felt to let out the anger.

(read number 5 so you know what to do next, then destroy this paper-- burn, bury, flush, rip) As you destroy the paper, ask God to help you to truly let go of the anger. Say a prayer of petition and of praise to God.

5. What good does it do for me to hold a grudge? How does holding this grudge, anger, hatred, resentment, sadness, self-pity help me in my life? How does holding onto these negative emotions hurt me?

Hopefully you have discovered that anger doesn't serve you, it only limits you.