

The Healing Power of Forgiveness

Here is an exercise you can do right now to let go of pain and begin to regain your life.

Make a list of those who hurt you and how:

_____ hurt me by
_____.

Now go to a quiet place where you can be alone and think of each of these painful situation. Think of these in detail, allow yourself to feel the hurt.

Then place yourself in the other person's shoes. What do you think motivated them to behave the way they did? Were they abused themselves? So they suffer from a mental illness? What fears and insecurities motivated their behavior? Now think of how they are stealing your personal power. Does that make you angry? Do you want that to stop? Yes!

Now fill out this part of the exercise for each person on your list. Speak the words out loud as if you are speaking directly to them.

_____, I now understand why you behaved the way you did and I am sorry that you are so filled with pain that feel you must inflict it on others in order to regain your own power. I refuse, however, to let you hurt me anymore. I am choosing to let go of the pain you have caused me for my own sake. I realize that letting go of this pain does not minimize or condone your behavior. It does, however, validate my own worth as a person and my right to finally be free of your abuse. I am choosing to take back my power so that I can heal. I now release all the hurtful emotions I feel regarding your behavior. I am now free to live my life with joy and happiness.