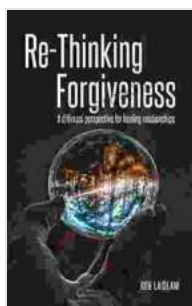


# Rethinking Forgiveness: A Different Perspective for Healing Relationships

Forgiveness is a complex and often misunderstood concept. It is often seen as a sign of weakness or a way to condone harmful behavior. However, forgiveness is not about forgetting or excusing wrongs. Rather, it is about letting go of the anger, resentment, and bitterness that can hold us back from healing and moving forward with our lives.

Traditional notions of forgiveness often emphasize the need to forgive the other person for our own sake. While this is certainly an important aspect of forgiveness, it is not the only one. Forgiveness is also about releasing ourselves from the burden of anger and resentment. When we forgive, we are not saying that what happened was okay. We are simply choosing to let go of the pain and suffering that it has caused us.



## ReThinking Forgiveness: A different perspective for healing relationships! by Rob Laidlaw

★★★★☆ 4.6 out of 5

Language : English  
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Print length : 101 pages  
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Forgiveness is not a one-time event. It is an ongoing process that takes time and effort. There will be times when we feel like we have forgiven someone, only to have old feelings of anger and resentment resurface. This is normal. Forgiveness is not a linear process. It is a journey with ups and downs along the way.

If you are struggling to forgive someone, there are a number of things you can do to help yourself. First, try to understand why you are holding on to anger and resentment. What are you afraid of? What do you need to let go of?

Once you understand your reasons for holding on to anger, you can begin to work on letting go. This may involve talking to a therapist, writing in a journal, or simply spending time in nature. Whatever you choose to do, be patient with yourself. Forgiveness takes time.

Forgiveness is not always easy, but it is worth it. Forgiveness can help us to heal from the pain of the past and move forward with our lives. It can also help us to build stronger relationships with others.

## **The Benefits of Forgiveness**

There are many benefits to forgiveness, including:

- Reduced stress and anxiety
- Improved physical health
- Stronger relationships
- Increased self-esteem
- Greater peace of mind

Forgiveness is not a cure-all, but it can help us to live happier and more fulfilling lives.

## **How to Forgive**

There is no one right way to forgive. The following steps may be helpful:

1. Acknowledge the hurt that you have experienced.
2. Understand why you are holding on to anger and resentment.
3. Choose to let go of the anger and resentment.
4. Forgive the other person.
5. Be patient with yourself. Forgiveness takes time.

Forgiveness is a powerful tool that can help us to heal from the pain of the past and move forward with our lives. It is not always easy, but it is worth it.

If you are struggling to forgive someone, there are many resources available to help you. Talk to a therapist, read books about forgiveness, or join a support group.

With time and effort, you can learn to forgive and experience the many benefits that it has to offer.

## **Rethinking Forgiveness: A Different Perspective for Healing Relationships**

In her book, *Rethinking Forgiveness*, psychotherapist Beverly Engel offers a fresh perspective on forgiveness. Engel argues that forgiveness is not about condoning harmful behavior or forgetting the past. Rather, it is about taking responsibility for our own healing and moving forward with our lives.

Engel's approach to forgiveness is based on the principles of compassion, empathy, and self-care. She believes that forgiveness is a journey, not a destination. It is a process of healing that takes time and effort.

In her book, Engel offers a number of practical tools and exercises to help readers forgive themselves and others. These tools include:

- The Forgiveness Meditation
- The Letter of Forgiveness
- The Forgiveness Ritual

Engel's book is a valuable resource for anyone who is struggling to forgive. It offers a compassionate and practical approach to forgiveness that can help readers heal from the pain of the past and move forward with their lives.

Forgiveness is a powerful tool that can help us to heal from the pain of the past and move forward with our lives. It is not always easy, but it is worth it. If you are struggling to forgive someone, there are many resources available to help you. Talk to a therapist, read books about forgiveness, or join a support group.

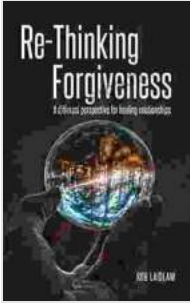
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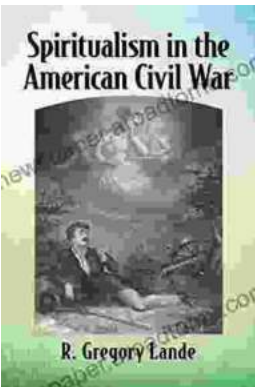
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