# FORGIVING



# Restore harmony with forgiveness.

## What it's about: what it does for us...

...Feeling hurt by others and choosing to be kind, in order to maintain peace and stay friends.

### We feel this when...

...someone has done us wrong or offended us, but we choose to be whole hearted and kind and avoid making a fuss.

#### It makes us...

...able to rise above an offence or disagreement and let it go, rather than hold a grudge or persist with the argument.



