In Terraform, "untainting" is the process of marking a resource as healthy or no longer tainted. When a resource is tainted, Terraform will plan to destroy and recreate it on the next terraform apply. Untainting a resource can be useful if you've fixed an issue manually and want to tell Terraform that the resource is now in a good state, so it shouldn't be replaced.

Here are the steps to untaint a resource in Terraform:

1. **Identify the Resource:** Determine the exact resource that has been tainted. This information can be found in the output of the terraform plan command or by checking your Terraform state.
2. **Run the Untaint Command:** Use the terraform untaint command followed by the resource identifier. The resource identifier is typically in the format module.name.resource\_type.resource\_name.

For example, if you have a tainted AWS instance with the identifier aws\_instance.example, you would run:

terraform untaint aws\_instance.example