



Forgiveness

We all need forgiveness

Forgiveness is giving pardon

We all need forgiveness...from friends, family members, bosses, teachers, or children. We hurt others and are hurt; we disappoint, frustrate, criticize and sometimes even fail (not this course!).

While we probably can't stop the hurts, we can work to control what we do with the hurts.

Forgiveness is giving pardon, letting go of the desire to get even or to seek revenge. Granting forgiveness means you expect nothing in return.

Forgiveness is a decision. It's a process of letting go of the bitterness or resentment or ill feeling. Forgiveness may be an ongoing journey, not an overnight destination.

Some authorities say that the first step in forgiveness is to ask for other's forgiveness. In other words, asking someone to forgive you for harboring bad feelings toward them may be the start of your forgiving them.

Sometimes, people will not forgive you. Your self-forgiveness may be as important. Try offering yourself forgiveness. How does this forgiveness impact your communication?