

“Of the Seven Deadly Sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontations still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back--in many ways it is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you.”- Fredrick Buechner

“Resentment is like taking poison and waiting for the other person to die.” - Malachy McCourt

What is Forgiveness?

Forgiveness means to “give” as “before.” Forgiving is not saying he or she was right or that his or her actions were justified, but rather a way to move through the pain, to decide to no longer carry the grudge and choosing to let the anger and resentment go. Forgiveness is for YOU and not about the other person. It is about rising above bitterness, anger and resentment and operating at a higher frequency of energy (i.e. love and compassion). Forgiveness allows you to reconnect with your divine nature and true goodness.

Benefits Forgiveness:

- Clearer mind
- Better health
- Improved relationships
- Free
- Let go of anger, resentments and grudges
- Open up a space to be bonded to others through love, forgiveness, compassion....
- Learn to grow
- Connect to our divine nature, goodness and reconnect with the essence of who we really are

Disadvantages to Holding onto Resentments

- Bonding with someone in pain, anger and disappointment
- Stay stuck
- Hold onto a story and repeatedly get activated
- Close off your heart and are bitter
- Don't allow the seeds of goodness to grow in relationships
- Negative physical effects and illness
- Having colored thoughts and feelings
- Drag the past into the present

Myths: The Reasons we choose to hold onto Resentments

- To prove we are right and the other person was wrong
- To not repeat the negative pattern or protect us from being hurt again.

Forgiveness Exercise

Letting go of Grudges and Resentments

What are 2 specific things you take personally and can begin to let go?

- 1)
- 2)

What are 2 minor situations in your relationship you could forgive?

- 1)
- 2)

What is 1 big grudge you are currently holding onto in your relationship?

•

What is the story or script you tell yourself? _____

_____.

What are 3 things about this person you would like to change?

- 1)
- 2)
- 3)

Now look deep inside yourself. Where are you like that and when do you do the same thing?

•
•
•

Am I willing to change? YES NO

“I choose to remove these patterns and habits in the following 3 ways...”

- 1)
- 2)
- 3)