



Steps to Forgiving, Letting Go, and Moving On...

Forgiveness is really a gift that you give to yourself and can profoundly change your life for the better. It's not always easy, but it's a skill that you can learn. It just takes practice.

Try this process to help you forgive, let go, and move forward with greater happiness:

- Make a list of all the advantages of letting go of your hurt
- List the disadvantages of maintaining your negative feelings
- Understand that you have a choice. Do you choose to be free of this hurt?
- Commit to letting go
- Try to see things from the perspective of the one who hurt you
- Consider your part in it. It's important to find forgiveness for yourself, as well.
- Let the event be only a part of your past so you can move forward without it
- Visualize letting it go and seeing it drift away in the wind
- Focus on the here and now. Be present in this very moment, free from your past.