

Forgiveness: The Art of Letting Go



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Objectives

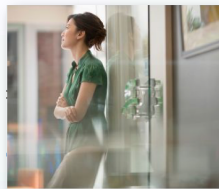
- We all get hurt
- Reactions to being hurt
- The problem with revenge
- What is forgiveness?
- The benefits of forgiving someone
- The importance of forgiveness



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We all get hurt

- When someone is mean, hurtful or thoughtless
- When someone lets us down
- When someone is cruel
- When someone disappoints us



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Reactions to being hurt

- Get angry
- Be bitter towards someone
- Wish to get revenge
- Ongoing resentment
- Carry a grudge



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Unforgiveness

- Unforgiveness is like drinking poison and hoping the other person dies.



Forgive others

"Forgive others,
not because they
deserve forgiveness,
but because
you deserve peace."

— Jonathan Lockwood Huie

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Anger comes at a price

- Anger gives you a false sense of power
- It can infect other relationships
- It can make you sick



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The problem with revenge

- Brings out the worst in you
- Can affect your health
- It prolongs the feelings of the original offense
- Seeking revenge cannot undo what happened to you



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What is forgiveness?

- Letting go of anger, resentment and thoughts of revenge.
- The person you forgive doesn't need to know you're forgiving them for it to work.



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Benefits of forgiving someone

- Healthier relationships
- Less anxiety and stress
- Fewer symptoms of depression
- Lower blood pressure
- Stronger immune system
- Improved confidence



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The importance of forgiveness

- Forgiveness is for our own growth and happiness.
- When we hold on to hurt and anger, it harms us far more than it harms the offender.
- Forgiveness frees us to live in the present.



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Now what?



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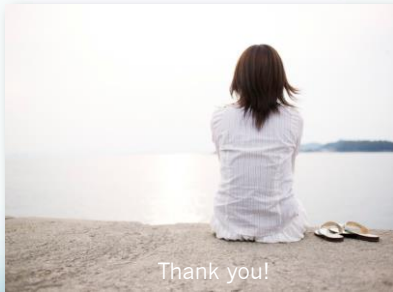
Summary

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- Reactions to being hurt
- The problem with revenge
- What is forgiveness?
- The benefits of forgiving someone
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Thank you!

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