



Forgiveness

- Forgiveness never means that you approve the deed!
- Forgiveness never means that you have to say "I forgive you" directly to the person!
- Forgiveness is in no way something you do for the person. You forgive, because it is your choice!
- Forgiveness never means that your feelings are "over" or wrong, and never are allowed to be felt again
- Forgiveness never means that the deed is forgotten!
- Forgiveness never means that the person has to be part of your life again ... ever!

One way and method to forgive your persecutor and perpetrator is:

Step 1: Do you want to forgive your persecutors?!

Step 2: Accept your feelings. Feelings are neither positive nor negative, they just are. Actions based on feelings are positive or negative. Feel your feelings or accept them!

Step 3: What can you learn from the experience and then use in a constructive manner in your life?!

Step 4: Put yourself in the persecutor's place and try to understand his or her motives.

Step 5: Accept and let go of persecutors, feelings, and deeds.

Every time the persecutor-victim feeling reappears: Repeat the 5 steps!