



EXPLORING THE OPTION OF FORGIVENESS



SMART
Family & Friends

If you are holding on to past hurts or anger, consider forgiveness as a way to move forward. Forgiveness is not a quick fix. It's a matter of a willed change in our thinking about our own demands that others treat us in a certain way — or else! Think about an incident that has left you feeling angry or hurt and that you have had trouble “letting go.”

1. How does my anger benefit me?

2. What are some reasons to keep being angry?

3. How much time and effort does it take to keep the anger going? And does it help me?

4. How does my anger hurt me?

5. What might happen to my anger if I could stop having thoughts of how to correct the unfairness, or even of how to just get my Loved One to apologize?

6. If I decide to make a direct and conscious decision to forgive, what benefits might I gain?

7. Is it possible that with less anger I would sleep better, eat better, have improved relationships with family, do better at work or school?

8. What are some reasons to let go of the anger?

Forgiveness helps you move on from the past, live for today and build your future.

