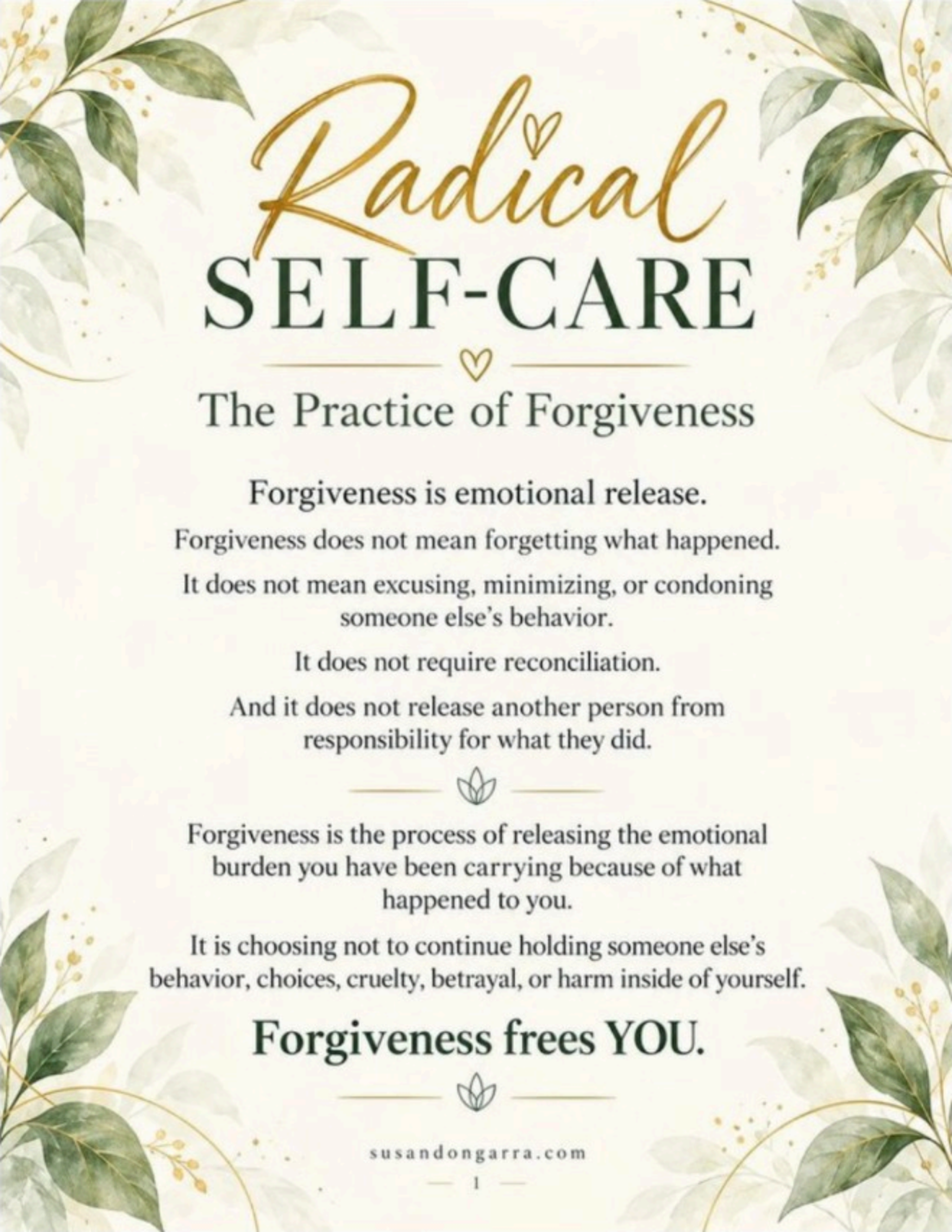




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The Practice of Forgiveness

Forgiveness is emotional release.

Forgiveness does not mean forgetting what happened.

It does not mean excusing, minimizing, or condoning
someone else's behavior.

It does not require reconciliation.

And it does not release another person from
responsibility for what they did.



Forgiveness is the process of releasing the emotional
burden you have been carrying because of what
happened to you.

It is choosing not to continue holding someone else's
behavior, choices, cruelty, betrayal, or harm inside of yourself.

Forgiveness frees YOU.



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The Practice of Forgiveness

Step 1: Tell the Truth

- ♥ Before you can release something, you have to acknowledge what happened.
- ♥ Do not minimize it.
- ♥ Do not explain it away.
- ♥ Do not change the story to make someone else more comfortable.
- ♥ Write down your experience as honestly as you can.
- ♥ What happened?
- ♥ What did this person do?
- ♥ How did it affect me?
- ♥ What did it cost me emotionally, physically, mentally, spiritually, financially, or relationally?



Step 2: Name What You Feel

- ♥ You cannot release emotions that you refuse to acknowledge.
- ♥ What are you carrying?
- ♥ Anger?
- ♥ Grief?
- ♥ Betrayal?
- ♥ Resentment?
- ♥ Rage?
- ♥ Sadness?
- ♥ Humiliation?
- ♥ Disappointment?
- ♥ Abandonment?
- ♥ Fear?
- ♥ You do not have to judge what you feel.
- ♥ Simply tell the truth about it.
- ♥ What emotions come up when I think about what happened?
- ♥ Where do I feel those emotions in my body?



Step 3: Separate What Belongs to Them From What Belongs to You

- ♥ Their behavior belongs to them.
- ♥ Their choices belong to them.
- ♥ Their dishonesty belongs to them.
- ♥ Their manipulation belongs to them.
- ♥ Their inability or unwillingness to take accountability belongs to them.
- ♥ You do not have to carry responsibility for another person's choices.
- ♥ Your responsibility is different.
- ♥ Your healing belongs to you.
- ♥ Your peace belongs to you.
- ♥ Your future belongs to you.
- ♥ Ask yourself:
- ♥ What have I been carrying that was never mine to carry?

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Step 4: Grieve What You Didn't Receive

Sometimes we aren't only grieving what someone did.

We are grieving what we never received.

The apology.

The accountability.

The safety.

The love.

The honesty.

The relationship we hoped we could have.

The person we hoped they would become.

Forgiveness may require grieving the reality that some of those things may never come.

What am I still waiting for from this person?

What would I need to accept if that never happens?



Step 5: Practice Radical Acceptance

Radical acceptance does not mean saying that something was okay.

It means acknowledging reality exactly as it is.

It happened.

I wish it had been different.

It should have been different.

But it wasn't.

And I cannot change what already happened.

What I can change is what I choose to carry forward.



Step 6: Decide What You Are Ready to Release

Forgiveness begins with a decision.

Not necessarily the decision to suddenly feel differently.

But the decision that you no longer want the pain to control your emotional life.

Ask yourself:

What am I tired of carrying?

What resentment am I ready to loosen my grip on?

What thoughts keep pulling me back into the pain?

What emotional burden am I ready to put down?

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Step 7: Return Responsibility to the Sender

You are allowed to give back what does not belong to you.
Write down everything you have been carrying because of this person or experience.

Then remind yourself:

Your behavior belongs to you.

Your choices belong to you.

The consequences of those choices belong to you.

I no longer accept responsibility for what you chose to do.

I release myself from carrying your behavior inside of me.

You may tear up the paper.

Burn it safely.

Throw it away.

Pray over it.

Bury it.

Or simply close the journal and say:

I am giving this back.



Step 8: Bring Your Energy Back Home

Forgiveness creates space.

The question becomes:

What do I want to do with the energy I have been spending on this pain?

Where do you want your attention now?

Your health?

Your body?

Your peace?

Your creativity?

Your relationships?

Your dreams?

Your purpose?

Your future?

Every time your attention gets pulled back toward the person who hurt you, gently bring it back.

My attention is valuable.

My energy is valuable.

I choose where I spend both.



Step 9: Allow Forgiveness to Be a Process

Forgiveness may not happen once.

You may release something today and feel another layer of anger next month.

You may think you are finished grieving and discover another piece of the loss.

That does not erase the work you have already done.

Healing often happens in layers.

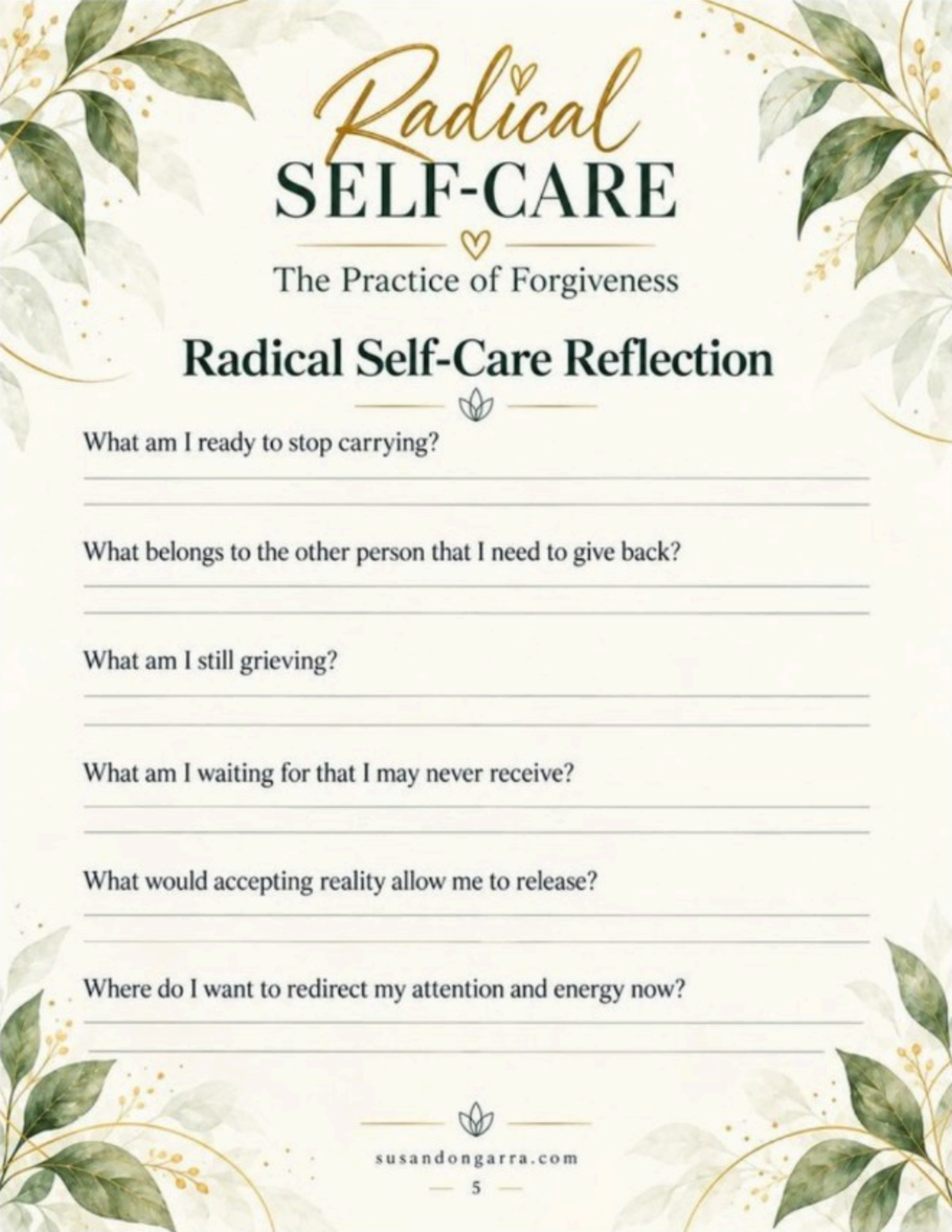
When something resurfaces, you can return to the practice.

Acknowledge it.

Feel it.

Release what you can.

And come back to yourself.



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— ♡ —
The Practice of Forgiveness

Radical Self-Care Reflection



What am I ready to stop carrying?

What belongs to the other person that I need to give back?

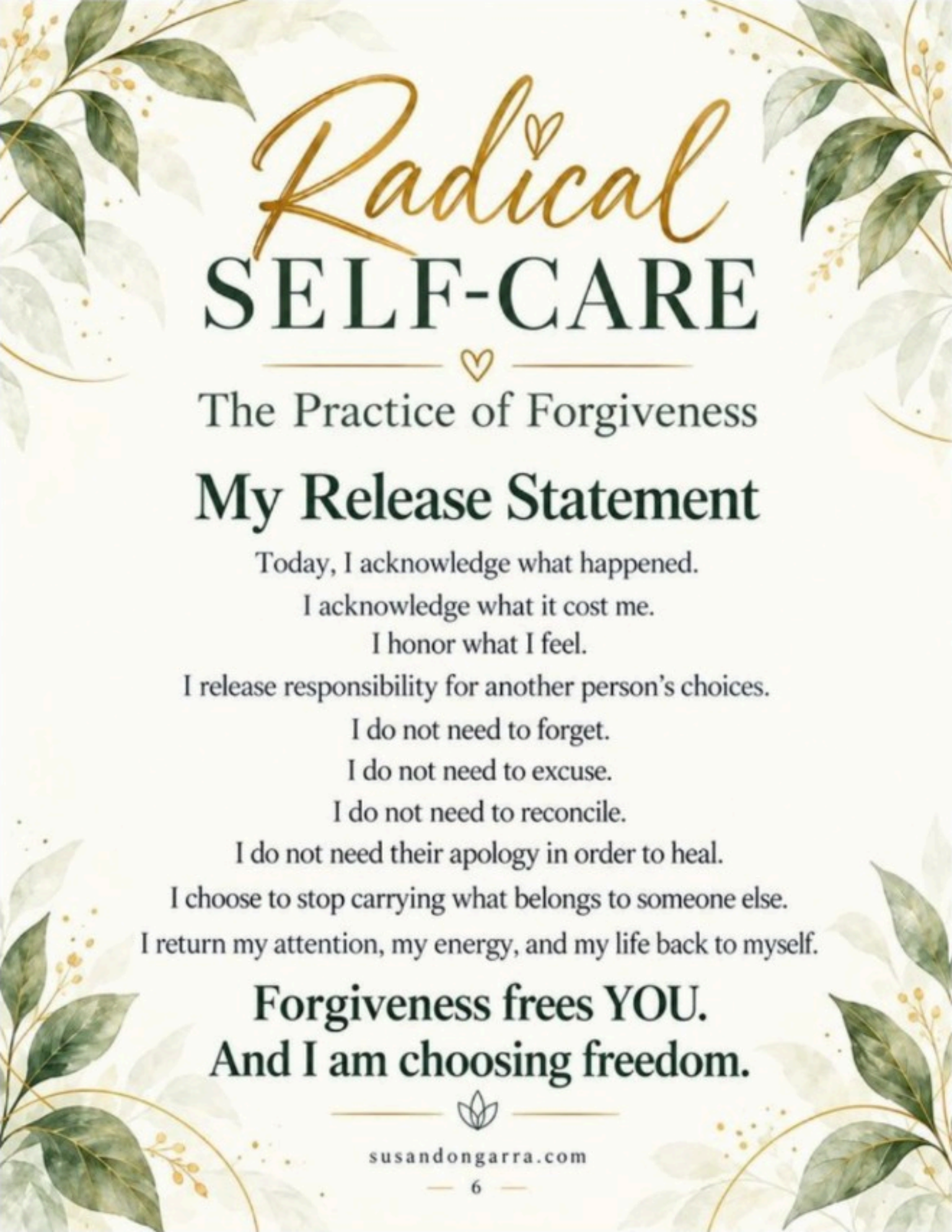
What am I still grieving?

What am I waiting for that I may never receive?

What would accepting reality allow me to release?

Where do I want to redirect my attention and energy now?





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The Practice of Forgiveness

My Release Statement

Today, I acknowledge what happened.

I acknowledge what it cost me.

I honor what I feel.

I release responsibility for another person's choices.

I do not need to forget.

I do not need to excuse.

I do not need to reconcile.

I do not need their apology in order to heal.

I choose to stop carrying what belongs to someone else.

I return my attention, my energy, and my life back to myself.

**Forgiveness frees YOU.
And I am choosing freedom.**



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The Practice of Forgiveness

Important Note

This resource is intended for education, personal reflection, and self-care. It is not a substitute for professional mental health care, medical care, legal advice, or emergency support.

Forgiveness is a deeply personal process. It does not require reconciliation, renewed contact, excusing harmful behavior, or remaining in an unsafe relationship.

Please move through this practice at your own pace. If any part of it feels overwhelming or brings up intense emotions, consider pausing and seeking support from a qualified trauma-informed professional.

If you are currently in danger or experiencing abuse, your safety comes first. Contact local emergency services or a domestic violence support organization in your area.

Take what supports your healing. Leave what does not.

