**9 steps to forgiveness**

1. Know exactly **how you feel** about what happened, and be able to articulate **what was not Okay** about the situation. Then **tell a couple of trusted people** about your experience.
2. Make a **commitmen**t to yourself to do what you have to do to feel better. Forgiveness is for you and not for anyone else. No one else has to know about your decision.
3. **Understand your goal**. Forgiveness does not necessarily mean reconciling with the person who upset you or condoning their action. What you are after is peace. Forgiveness can be defined as the peace and understanding that comes from blaming less that which has hurt you, taking the experience less personally, and changing your grievance story.
4. **Get the right perspective** on what is happening. Recognize that your primary distress is coming from hurt feelings, thoughts, and physical upset you are suffering now, not what offended you or hurt you 2 minutes or 10 years ago.
5. At the moment you feel upset, **practice Cue-Controlled Relaxation**.
6. Give up expecting things from other people, or life, that they do not choose to give you. **Recognize the unenforceable rules** you have for how you or other people must be. Remind yourself that you can hope for health, love, friendship, and prosperity. However, you will suffer if you demand that these things occur when you do not have the power to make them happen.
7. Put your energy into looking for a way to get your positive goals met. In other words **find your Positive Intention**. Instead of mentally replaying your hurt, seek out new ways to get what you want.
8. Remember that a life well lived is your best revenge. Instead of focusing on your wounded feelings, and thereby giving the person who hurt you power over you, learn to **look for the love, beauty, and kindness** around you.
9. **Amend your grievance story** to remind yourself of the heroic choice to forgive.