

## *Forgive to Live* by Dr Tibbits

Forgiveness is not:

- Forgive and forget
- Reconciling
- Denying
- Condoning

“Forgiveness is the process of reframing one’s anger and hurt from the past, with the goal of recovering one’s peace in the present and revitalizing one’s purpose and hopes for the future.”

Why is it necessary for us to forgive? Why do you think forgiveness doesn’t happen naturally?

Consider the following questions to help you make the healing choice to forgive:

- What do I want my future to look like?
- What are the benefits and/or dangers of prolonged resentment?
- What kind of response to the hurt I suffered is most likely to help me attain my goals?
- Is focusing on this hurtful experience worth the sacrificing my peace of mind?

Is it the right time to forgive:

- Am I offering forgiveness because I feel guilty for not forgiving, or because I really want to let go of my hurtful past?
- If I do not feel ready to forgive at this time, what do I think is holding me back?
- If I do not feel ready to forgive at this time, what do I think needs to happen before I will be ready?

Forgiveness do not change what happens to me, forgiveness changes what it means to me. Forgiveness is not an act it is a process. Every time you forgive a painful thought you reduce its power.