

## Forgiveness as a Practice

1. Remember that forgiveness is a gift that you give yourself so you can move on in your life with a greater sense of peace.
2. You cannot change what happened to you but you can change your relationship to it.
3. Begin to practice forgiveness regularly by becoming aware of when you are feeling hurt and make a decision to resolve it right away.
4. Acknowledge what happened from your point of view.
5. Recognize and accept your feelings with love and compassion rather than with anger and judgment.
6. Be willing to give up being the victim in the situation and ask to see the blessing in what happened.
7. Look at the situation from the other person's point of view to gain greater understanding.
8. Open your heart to look beyond the wrong doing and into the heart of the other person.
9. Visualize what it might feel like to feel peace and harmony within you.
10. Forgiveness is a matter of the heart. Ask Spirit to guide and assist you.

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