

Joel R. Hitt, M.Div., L.C.S.W.

Affiliates in Counseling and Psychology

175 Langley Drive, Suite C-1

Lawrenceville, GA 30045

770.995.7789 | Fax: 770.995.0171

www.hitt.com | joel@hitt.com

Forgiveness

Forgiveness is not:

Forgiveness is not forgetting.

Forgiveness is not condoning.

Forgiveness is not absolution. The offender is still responsible for what he or she did to you.

Forgiveness is not a form of self-sacrifice.

Forgiveness is not ever again being angry about the abuse.

To forgive is not a clear-cut, one time decision.

Forgiveness is:

Forgiveness is recognizing we no longer need our grudges and resentments, our hatred and self-pity.

Forgiveness is no longer wanting to punish the people who hurt us.

Forgiveness is what happens naturally as a result of confronting past painful experiences and healing old wounds.

Forgiveness is an internal process. It happens within.

With forgiveness, we no longer build an identity around something that happened to us in the past.

Forgiveness is remembering...then letting go.

Adapted from Claudia Black, *Changing Course*