

## Forgiveness is NOT . . .

- ✓ Weakness: It takes courage and strength to move past hurtful behavior.
- ✓ Forgetting: You'll remember your life experience, but you can heal the pain attached to it.
- ✓ Trust: Trust is built with consistent behavior over time. You don't need to trust someone to let go of resentment.
- ✓ Saying it's okay: You need validation of your experience--but that validation doesn't have to come from your ex.

## Forgiveness is . . .

- ✓ Firing yourself from the job of exacting justice and surrendering what's out of your control to the universe, karma or a higher power
- ✓ Reinvesting your time and energy from focusing on the past/the other person into your productive present.
- ✓ Owning the power to define your own life. You aren't a victim--you're a warrior. You're not a fool, you're a sage who has learned from experience. Write your future on your terms!