

Forgiveness: Become a Hero

Are you Ready to Forgive?

- Are you ready to release negative emotions and take action?
- Are you tired of thinking of past resentments?
- Have you been able to create trusting relationships after the offense?
- If you are still in a relationship with the offender, have you created boundaries/limits to stop the offense from recurring?

Journal: How to do it?

1. Make a list of the people you want to forgive
2. Pick one person. Start with someone who will be easier for you to forgive. Don't start with the person that has caused you the most pain and suffering in your life.
3. What was/is the negative impact on my life?
4. Observe emotions, suffering & allow them. You can do a body scan and pay attention to what arises. Stay with the sensation, feeling and emotions. You can say and acknowledge: "I'm hurt and it's ok to feel these negative emotions."
5. Offer kindness to the offender: think about their past. "What was their childhood like? What is their pain?" You can also repeat loving kindness phrases such as "May you happy, may you be peaceful...".
6. Offer Mercy: You can repeat or write this sentence: "I'm extending mercy to someone who may not have been kind to me."
7. Become your hero: "How can I find meaning? How can I grow? What can I learn?"
8. Go back to the list and pick another person.

MENTAL FREEDOM COURSE

Positive Connections Plan

Look at your relationships and your social life. Identify areas that you want to strengthen, work on and grow. Prioritize your closest relationships, especially if they are in need of healing and strengthening.

Consider the following practices:

1. Let go of resentment and forgive. Use the forgiveness sheet (previous page) & loving kindness meditation from session 6.
2. Find opportunities to be kind to others every day and praise anyone that is doing something well.
3. Help others as much as you're able to and extend kindness to other whenever you get a chance.
4. Smile at everyone you meet and say "Hello!" to people that you pass, that help you at the store, that bump into you etc.
5. Reconnect with old friends e.g. call someone you'd lost touch with, reestablish positive and trusting friendships etc.
6. Do something for a stranger e.g. pick a day of the week to practice kindness to strangers.
7. Volunteer and consistently give to your community e.g. share, teach and help others.
8. Practice Compassionate Love with your partner, spouse, children, parents or any close relationship:
 - Recognize positive qualities
 - Express gratitude frequently
 - Embrace faults, weaknesses & limitations
 - Lower expectations in challenging times
 - Celebrate their joy
 - Play, laugh, have fun together
 - Be more open to listening