

DOWNLOAD PDF HOW TO FORGIVE YOUR EX-HUSBAND AND GET ON WITH YOUR LIFE

Chapter 1 : Why Can't I Forget my Ex Wife? | Men's After Divorce Advice

When you forgive your ex, you take away the power they had over your emotions. You don't have control over your past, but you have full control over what you do in the present. When you learn to let go of resentment, animosity, and bitterness, you experience freedom.

Even when I finally felt more in control of my feelings, the pain from my past would still spill over into my present. I would constantly compare my new partner to my ex who had torn my heart apart. Even though I had moved on from that relationship, I was too afraid to fully trust my new partner for fear of being backstabbed again. I feared reliving that gut-wrenching pain I felt the last time I was cheated on. The thought of it happening again made my heart race. I would feel like I was having a full-blown panic attack. He was honest, loving, and he truly cared about me. I was feeding off of bitterness from my past. I refused to let go of resentment. Not until I realized I had to move on and forgive my ex was I able to change my future and have a fulfilling relationship. Once I changed my approach and adopted a few strategies to help deal with my pain, I was able to live a happier life. I cooked, cleaned, and always made sure he was well taken care of. I constantly pictured him with the other woman. The thought would infuriate me. All I could think was, How could he do this to me? And while he had moved on and was enjoying his new life, there I was still suffering in silence. It soon became too much to handle. I had to stop torturing myself. I had to somehow let go. So I began shifting my focus. Instead of dwelling on my pain, I would imagine myself in a happier place. I would replace every bad thought with a positive one. Instead of thinking, How could he choose someone else over me? The more I did this, the less resentment I felt toward him. By changing my thoughts, I was able to change my feelings. As time went on, I was able to move on. I despised seeing happy couples on the street. Even going outside on a sunny day was a struggle. I desperately needed to move on with my life, despite my heartache. I had plenty of things to be grateful for. I needed to reflect on everything that was going well in my life. Overall, I had a great family. I knew that regardless of what I went through, they would always be there for me. I had a beautiful daughter. And despite how rejected I felt, I knew she would always love and care about me. The more time I spent with my relatives, the more I felt loved and wanted. I also found things to do to make myself feel better. I was still alive and breathing another day. That alone was a reason to be grateful. Each day the sun rose was another chance for happiness. If we find enjoyable things to do, we can replace negative memories with positive ones. Find the Lessons If I could go back in time, I would never erase my past. Once I began focusing on the lessons I learned from my experience, I stopped drowning in resentment. I learned that his cheating was not my fault. He chose his wants and desires over our relationship. I was only hurting myself by not releasing the pain. If I wanted to have a healthy relationship in the future, I had to let go of the bad memories from my past relationship. And lastly, I deserved to be happy just as much as anyone else. The lessons I learned were priceless. All the pain, heartache, and tears I experienced turned me into the resilient person I am today. And now I can help others overcome their pain. Sometimes we go through negative experiences to encourage someone else. Come out of your pain victoriously so that you can be an inspiration to others. Once I released my anger, it no longer had control over me. I was no longer in bondage to the wounds from my past. I now have a new understanding of forgiveness. When you forgive your ex, you take away the power they had over your emotions. When you learn to let go of resentment, animosity, and bitterness, you experience freedom. Freedom from the hurt and pain that once held you captive.

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Chapter 2 : A Christian Perspective on How to Get Back With Your Ex | PairedLife

The key to this tip on how to forgive your ex is accepting the fact that your ex will not change, the past will not change, and you will continue to hurt yourself if you continue to blame him. Use your blame to get in touch with your anger.

Although, admittedly after a bad breakup, the concept of love can feel more like 2,,st nature. I confess after I discovered my ex-Prince Harming cheating, I was tempted to keep myself emotionally protected. Thankfully, this breakup eventually led me to a big breakthrough. I realized I was not meant to learn: These days, I look back on my ex with gratitude. You must therefore pray for your ex to gain insight so he might grow into his highest potential. But if you are to move forward into a healthy love relationship, you must release past negative emotionsâ€”all those lower vibrational energies created by anger, resentment and fears. You must do this for many reasons. Let me start to explain by sharing a little story about a snake and a mistake. The Snake Mistake There once was a woman who was wandering in the desert and was bitten by a poisonous snake. All she could think about was how angry she was at this poisonous snake for biting her and angry at herself for wandering in the desert. Forgiveness is a panacea for what ails you. We all rationalize our anger as a necessary force to impel us to better results. But more often than not, anger blocks us from full mental clarity. Aristotle said it well when he said: Anger is not only unhealthy for your mental state, but also for your body, creating coronary heart disease and high blood pressure. Researchers at the University of Ohio have reported that angry people take even longer to recover from injury. Anger has also been shown to be at the root of many addictions as far ranging as drug, alcohol, food and shopping addictions. Addicts seek these vices to avoid feeling the pain of past resentments. Not only did subjects display faster success, but created less recidivism. Many quantum physicists believe your angry vibration can be felt in a larger universal energy fieldâ€”thereby attracting negative circumstances. If you want to find healthful love, you must first let go of the pain of your past. But I can control what goes on inside. I forgive my ex, and am determined to gain insights on how to wisely avoid love situations like this one in my future. Or as I like to say: You will feel better immediately. Keep it nearby to read every time you find yourself slipping back into your angry thoughts. Remind yourself of a time you were forgiven. Forgive back to your ex. Remind yourself that when you resent someone you give them control of your emotions. Remind yourself when you respond with hate to hate, anger to anger, bitterness to bitterness, you ironically become part of the problem. Remind yourself that when you train your brain to think more loving thoughts, your positive energy attracts more positive people and results. Love success is the best revenge!

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Chapter 3 : Stop Being Angry at Your Ex

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Why Forgiveness Is Imperative I have seen it over and over again “ women who have been wounded by a narcissistic ex-husband or just a divorce that was nastier than it had to have been who spend hours talking to other women in similar situations. Instead of venting and feeling better, they come away angrier than when they started because anger is contagious. Rather than healing and moving on these women are creating a vortex of stress and resentment that keeps them from moving forward. Forgiveness is not impossible. No matter what you have been through you have the ability to release forgiveness to the person who caused you pain. First Forgive Yourself You may think I am totally nuts right now but the very first person you may need to forgive is yourself. I did it because I wanted my kids to have a stable home. About a year into the divorce I realized that I was angry at myself for allowing my life to get as bad as it had been. I was angry at myself for giving up my individuality to mold myself into someone that he seemed to want me to be. Whenever he got angry or withheld affection I morphed into someone else that I thought he would like better. I began my adult life as a competent, confident, attractive woman and by the time I kicked him out I was none of those things. So, forgiving myself is something I am working on. I was so angry. I had done everything that I was counseled to do. I had prayed consistently, I was a homeschooling mom and by golly I ground wheat to make flour for homemade bread. Just about the time I felt like I was close my marriage blew apart and God let it happen. So far, so good. Forgive Your Narcissistic Ex Once I was honest with myself about who all I was angry at and who needed to be forgiven Things started falling into place. There was only one, small kink in my plans to forgive everyone involved and reach a state of serenity and peace. The kink was the ex-husband. It seemed like every time I got close to being able to deal with him without my blood pressure skyrocketing he pulled another stupid move that sucked me right back in to anger, chaos, and frustration. I had to come to a place where I was honest about who he is and how we interact. I had to accept that he was going to continue to be a narcissist, he was going to continue to do things that hurt the kids, and he was going to continue to blame me for the junk in his life. He had never provided well for the kids, he had always put his needs and wants first, and it was crazy of me to think that now that we were divorced things would be different. Spent time with friends who make you feel positive. There is a time to vent, to share, and to be angry but when that is all that you talk about when you get together then you are creating toxicity in your life that will make it difficult to move on. Think of it this way “ as long as you remain unforgiving you are handcuffed to him and he goes everywhere with you. Not a pleasant thought, is it? When you forgive you are not saying what he did was right, you are just saying that you are leaving it in the past and you are letting God, karma, or the universe decide what the consequences of his actions will be. It just means you are letting it all go. He is a narcissist and the likelihood that he is going to change is pretty slim. How have you handled forgiveness? Have you been able to move on?

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Chapter 4 : Let's Talk About the F-Word: Forgiving Your Ex-Husband

Being able to forgive your spouse takes time. Don't try to hurry the process. If you continue to be unable to forgive, or you find yourself dwelling on the betrayal or hurt, please seek professional counseling to help you let go and forgive.

Content provided on this site is for entertainment or informational purposes only and should not be construed as medical or health, safety, legal or financial advice. Click here for additional information. Or my lack of it, to be honest. I am gunning my engines these days. Like almost anybody who finds themselves dealing with a shattered love affair, I keep trying to put as much of the past behind me as possible. No matter how much you try, you have to deal with reality when love is over. And it sucks so badly. Let me put it this way: That has allowed me to slowly come to terms with the fact that what I think did us in more than anything else was an overriding inability to accept one another for who we are. That may sound extremely stupid, I know, but hear me out, will you? And that stupidity is usually slathered in this selfish tendency that so many of us are possessed by possessed! We want what we want within our unions, and we dream of it happening, and guess what? And THAT, people, is where the forgiveness problem begins to rear its grotesque head. In the middle of a life of togetherness, we shift back towards the very thing that has always kept us alive: Think about that for a second. And being hungry sucks. We envision a vision and we act on it. Love, for all of its rare and wonderful qualities, for all of its life-affirming lift and empowerment, is still the most human aspect of life on Earth. Yet, it is also the part of our lives most riddled with juvenile thought and action. I just did what I always did and wanted what I have always wanted, for things to go the way I wanted them to go. We wanted what we wanted, and although what we wanted was more or less the same thing, we allowed the specifics of our visions to outshine the collective trip we were on together. I liked to sleep with a box fan on, my ex hated that. I liked to give the evil eye to slow drivers when I passed them, my ex hated that. We could have done better, I just know it. We could have maybe run up on this thing called forgiveness long ago and I believe it would have made a vast difference in how things turned out. Then, with a lot of mental adjustment and maybe a healthy dose of mindfulness, we could have forgiven ourselves eventually for being such asses for so long. I need to forgive her for not loving me anymore. And I need to forgive my own damn self for not understanding all of this crap back when it might have made the difference. Live and learn, my friend.

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Chapter 5 : How to Forgive: Five Powerful Ways to Forgive Those Who Hurt You

let all your pain be healed by GOD like what i did..i'd still feel the pain when my mom died and had still the pain from my friend from a far that i thought he is the www.nxgvision.com i believe if there's a love in your heart everything would be www.nxgvision.com to www.nxgvision.com have faith in god and in your self and evrything will turns out well.

It hurts us in a way no physical wounds can I, too was heartbroken. I was so mad at myself for being such a fool and I almost hated the world for being so unfair. I wanted to slap just anybody, and wanted to be alone for a while thank goodness I have no suicidal tendencies. I was emotionally tortured that time. I was crying while at work. I wanted to move on. Everywhere I looked, I saw him I have to do something about it and I did. Fortunately, I was successful! Acceptance is the first step to moving on and getting over that stupid ex, so its time for you to make that first step. You can choose to avoid thinking about him or her and causing yourself suffering. A good way to think is by journaling about your feelings. Just get it all out there. Imagine that as you write them down, the bad feelings and thoughts are leaving your body and sticking to the paper. Let Go The rule of every relationship is never ever be clingy. You have to learn to let go. Letting go is actually the most crucial and the most difficult phase of every relationship. You have invested so much time, money effort and tears to make the relationship work out only to lose it in just a moment. Who am I kidding? However, you also have to think of yourself honey. You ought to respect and value yourself more than anyone and being clingy indicates that your self value is way below the line. Do not stay indoors for long. Socialize with your friends. This will give you less time to think about your ex. Bask in the sun or go some place else with your family members. This will definitely give you a better view of the world you once lived in In addition, exercising, sunlight, and fresh air will help you become healthier which will make your body feel good. Soon enough, your heart will start feeling better too. But if you broke up because of individual differences or cheating, hon, you should think twice before getting involved with the same person again. You need to look within yourself and be honest. If you think you can still trust the person wholeheartedly then go for it. But you have to be careful. Less conflict, worry-free and new possibilities for love and better life. Science have proven that once a cheater is always a cheater so do yourself some favor and look for someone else who would see your true value You will have less inner conflict, fewer worries, and more possibilities for love and a better life. Make New Memories To get your ex out of your system, you have to create new memories. Better yet, go to somewhere you went together but this time do it with your loved ones and friends. Try a different sport. This is the best time for you to focus on you. Now, your money and time is all yours to take. Go to a spa and get pampered. Buy a new set of clothes, shoes, and makeup. Give yourself a makeover as the strong, independent woman you are. Enroll in a culinary course and learn something new. Indulge in worthwhile activities like yoga, swimming, biking, and the arts. Being confident in yourself gives you a certain balance. It also helps to have a role model or mentor, someone who you admire as a person. If this happens, it will certainly make it harder for you to forget him. Be respectful but mindful of your needs. You can change your number or block his , and delete his number from your contact list. If you memorized his number, you will really have to discipline yourself and do your best not to contact him. Try to memorize other important phone numbers. Make a new email address to make it even more effective. Make Lifestyle Changes Make a list of all the things you want to do with your life. What are the things that you could never do together? Did he hate boating because he got seasick? Go on a cruise. Did he always roll his eyes when you wanted to go dancing? Take a dance class! If you have posters or pictures drawn on the wall with him, repaint your walls and redecorate your bedroom. These are not easy things to do. But you have to move on, and removing these things as a memento of your previous relationship will help you forget him faster and for good. See the Good in Yourself Nothing is impossible if you are determined to really move on, but you have to help yourself. Then enumerate all of your good qualities, those qualities that make you special and worth a second shot in love. Make a list of your best qualities. Love Again This is the ultimate way to get over your ex. Try not to

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close your heart to a new possibility of a love that is better, bolder, and greater than the previous one. Smile and be hopeful. There is someone who is right for you, someone who will be thankful to have you, someone who will treasure and respect you more than anyone else. You will find a new love that will make you grow more mature and inspired in your everyday life. And who knows, the next person could even be the one you decide to spend the rest of your life with. If I was able to get over my ex, I am sure that you will too. Even though it feels like it, it is not the end of the world. There is still someone out there waiting for you who will find you no matter what. Be thankful and learn from your past and use that to become a better and more lovable person. Realize that there are different kinds of people that we are meant to meet in life. Some of them are just passing by to give us lessons, some will make us stronger, some are meant to show us what real world is like and there are some who will stay with us forever. What do I do if I still love my ex? There is nothing wrong with loving the person. Most breakups happen when you still love the person, but it just happened that the other party has done something irreparable like cheating, etc. What if he made you pregnant, should you use the same strategy to forget your ex as the one described in your article? If he is a jerk, then you are better off without him but you need to tell him and you can decide from there. I can move on with someone else, but I always think of my ex. What should I do? If you still think of your ex with fondness, then you have not moved on at all. My ex dumped me about 3 months ago and the day after, he started to go out with another girl who I knew. He still keeps contact with me. What can I do to be completely over him and stop feeling sad every time I see him with another woman? Moving on is never easy. Try to also change your number or delete him from your contact list or do something to prevent him from contacting you. That is the best way to help yourself move on I love my ex to death. He wants nothing to do with me but tells me we can stay friends. He blocked me on Facebook. I cheated on him three times. He did the right thing. If you cheated on him three times how dare you say you love him to death? He clearly deserves someone better.

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Chapter 6 : How To Forgive Someone Who Has Hurt You: In 15 Steps

Forgiving your narcissistic ex-husband may seem like an impossibility but it is a necessary part of your healing. First you need to understand what forgiveness is and.

Contact Author Source Christy was married to her husband for ten years. A little disagreement cropped up which made Mike, her husband, so angry that he stopped sleeping in the house. Christy became miserable and asked for a separation. She cut off contact with Mike when they separated. After some time, she realized she still loved Mike, despite the way he had treated her, and she wanted to get back together with him so that they could continue the marriage. But she did not know how to go about it, given what had happened in the past. Many people do not know what to do to get back together with their ex after a separation or a divorce. So, how do you get back together with your ex? Here are some tips from a Christian perspective. If the breakup occurred because one party hurt the other, or there was anger and bitterness involved in the separation or divorce, there is bound to be hate in the heart of one spouse or the other which you have to deal with. It is tough to let go of hurt sometimes, especially when it involves someone you were so close to. Anytime you remember what the person did to cause the breakup, it may hurt you so much you may decide never to get back together with them again. The best way to deal with the hurt and pain of the past is to ask someone who has forgiven you for the many wrongs you have done against Him, God, to help you learn to forgive your ex and to let go. The Bible says in Proverbs Your chances of reconciliation will be much higher after you pray to God to change your heart so that you can forgive your ex-spouse, and to soften the heart of your ex-spouse so that they will forgive you. God will listen to your prayer because He hates divorce and wants couples to be together. Source Have a Positive Attitude If you want to get back together with your ex, and in your heart of hearts you know you still love them, you must have a positive attitude. For most spouses who want to get back together, the problem is always the inertia or the thoughts and feelings that hold them back when they think about the fact that they may be rejected. You also have to get rid of doubts and negative feelings about yourself and the potential of your relationship. If you think you can do something, you are more likely to attempt it and then keep on trying until you have given your goal a decent try. Or you may try so halfheartedly that you give up at the first sign of difficulty. So, have a positive mindset that they will accept your offer of reconciliation. No matter how many times you fail at something, there is still a possibility that you can succeed if you persevere. It is first and foremost a matter of believing that the relationship can work if you give it a try again. Remember Remembering good things about your ex can also help you to reignite the romantic feelings you had for them when you remind yourself of how good they were to you, and how they were a great help to you in the past. Here are a few steps to follow to remember how good your spouse has been to you: Sit down, or lie in your bed with a pen and writing pad. For example, remember gifts they gave you for your birthday, or special presents they gave you on an anniversary. Try to remember how much it cost them to buy those things. For example, if they bought you a dress and it was five hundred dollars, write the item and write the five hundred dollars next to it. Repeat for all the twenty items. Then find the total cost. Then, just ponder over the financial sacrifice, the sacrifice of time, and the risk they had to face to get you these items. Close your eyes and focus all of your mental energy on the fact that your they spent so much on you, and sacrificed their comforts, just because they loved you. It will help you to remember that they really cared about you at one point in time. Then, write down fifty good things they did for you when you were together. This will make you see that your spouse is not as bad as you may be thinking, and help you to readjust your thinking to see them in a good light, which is likely to influence your feelings for them. Try to think about one good quality they showed when you were in the relationship. For example, if they were generous, focus your mind on their generosity, and think about that whenever negative thoughts about them come into your mind; if they used to encourage you, think about that. Source Reconnect Getting back together with your ex-spouse requires you to make your ex remember you again, and think about you often, especially

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if you have not been contacting them. Reconnecting can cause them to rethink about renewing the relationship. Therefore, send them a text, or call to say you still love them, if you know they have not moved on to another relationship. This will show your ex that you feel humble enough to want to make another try, and many people respond positively when the other person shows humility. It may make your ex think about your love for them, and also think about the love they had for you. This could influence them to develop goodwill for you again and make them want to have a reconciliation. You know it is your responsibility to take care of me. You were too stingy, and I hope you will turn over a new leaf. I should have been more understanding, and I will do my best to be tactful now about how, and when, to make certain demands. I will learn to be content with what we have, and will be satisfied with whatever you give me. It will also make your ex see that you are serious about doing something different to make the relationship work, and they are more likely to want to get back together with you. Conclusion When you can get back together with your ex, do your best to make them have no cause to break up with you again, make efforts to improve the relationship and work at making the marriage an enviable one.

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Chapter 7 : 4 Ways to Forgive a Cheating Husband - wikiHow

Some common-sense reminders for divorced, resentful women--but mainly a jumble of platitudes, idiocies, and irrelevancies that cancels-out the common sense. Thus, it makes sense to tell women that as long as they go on nursing their grievances, and stewing about their ex-husbands' new mates or new.

After all, the person that you hurt the most by holding on to resentment and angerâ€”constantly replaying painful scenarios in your head and reliving hurtful memoriesâ€”is yourself. So, how do you forgive someone who has hurt you? Rethink Your Definition of Forgiveness You might think that forgiveness is about the following: Condoning what the other person did. Forcing yourself to get along with someone who you feel may hurt you again. And with good reason. Instead, try changing your definition of forgiveness to the following: Forgiveness is about freeing up and putting to better use the energy that is being consumed by holding on to grudges, harboring resentments, and nursing old wounds. Forgiveness is about moving on. Forgiveness is about choosing serenity and happiness over righteous anger. Forgiveness is about refusing to replay past hurts in your mind over and over again, like a broken record. Forgiveness is about giving yourself a clean slate. Simon and Suzanne Simon explain that for many people, not forgiving provides them with an excuse for everything that is wrong in their life. That is, they use the hurt that they experienced to get off the hook. Instead, take responsibility for getting on with your life, in spite of anything that anyone may have done to you. You can do this by shifting from a Victim mentality, to a Creator mentality, which I wrote about in great detail in this post: From Drama to Empowerment. Is forgiving the only way to heal the hurt that someone else has caused you? Lots of people argue that there are only two options: Forgive, and release yourself from the hurt. Refuse to forgive, and be forever trapped in a prison of your own poisonous thoughts. Acceptance helps you do the following: Clear your head of emotional poison. Be true to yourself. Acceptance involves the following: Honor the full sweep of your emotions. Give up the need for revenge, while continuing to seek a just resolution. Stop obsessing about the injury. You can do this by challenging your negative thoughts, using relaxation and meditation, and implementing a program of self-care. Look honestly at your own contribution to what happened. Take any necessary steps to protect yourself from further abuse. Decide what kind of a relationshipâ€”if anyâ€”you want with the offender. He integrates not only the effective thinking and emotional processes of psychology, but also time-proven spiritual methods and perspectives. One of the exercises he includes in his book is talking with the person who hurt you directly, if it would help you come to a better understanding of what happened. In particular, what happened from their perspective? Is there something in their background that led them to take this action? He also suggests that you turn the situation around and ask yourself the following: How would an impartial observer see this? Have I done the same thing to another or to myself? Is this similar to a pattern in my family? Has something like this happened to me before? What can I learn from this? Can anything positive come from this? Am I stronger or more resourceful as a result of this having happened? What do I get by holding on to this resentment? Who benefits and how? Am I keeping the situation alive by refusing to let go? Here are the steps: Make a list of all the people you feel have wronged you in some way. Acknowledge that those things did happen, and that they did hurt you. Make a commitment to yourself to do what you need to do in order to feel better. Recognize that your distress is coming not from what happened, but from the thoughts that you have about what happened. Your thoughts are within your control. Put your energy into looking for ways to achieve your goals, instead of wasting your energy by continuously reliving the negative experiences in your head. Know that the best revenge is a life well lived. Forgiveness is about taking back your power. Amend your grievance story to include how you moved on. Clinton was recalling the time in which he asked Mandela how he had forgiven those who had unjustly deprived him of his freedom for so long. During that time, her husbandâ€”who was also found innocentâ€”had been executed in the electric chair. She shares her journey to forgiveness.

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Chapter 8 : 10 Most Effective Tips to Forget an Ex | PairedLife

Ask for God's strength to forgive your spouse and diligently seek that forgiveness. In Ephesians , Paul exhorts us to "Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

Forgiveness is the attribute of the strong. They involve someone I love and have since forgiven. So perhaps the kindest thing I can do both for them and me is not retell the story, but instead create a new one: At my angriest point, I was convinced the person who hurt me did it with full intention and cruelty. I felt not a shred of compassion; just unadulterated pain and rage. Then I realized, unless someone is a sociopath, they are rarely without feeling. No one is purely bad, and everyone carries their own pain which influences the decisions they make. Usually, we have good intentions. So how do you forgive someone when every fiber of your being resists? How do you look at them lovingly when you still have the memory of their unloving action? How do let go of the way you wish things had worked out if only they made a different choice? The ones that resonated with my most strongly were: I just acknowledge that we are humans, so we are allowed to make mistakes. Remind yourself that they are not separate from you; they only appear that way. Then you will realize you are one, and it is yourself you are forgiving. The best thing is time! Remember that we are all doing the best we can at the time. Remind yourself of how much forgiveness would mean to you if it was your turn for a mistake! Wayne Dwyer describes how hate is love which has been turned around. Were also all doing the best we can, according to our own evolutionary state, including those we find hard to forgive. Because it takes less energy to love and forgive than it does to stay angry and hold a grudge. It brings peace to your life. I know that I need to forgive someone, not for their benefit, but for my own peace of mind. You remember why you love them. Love is about forgiveness. Forgiveness comes easier with the passing of time. I tend to find that, if I am wronged, I forgive the person before they forgive themselves, and when I am in need of forgiveness, it is I who feels the guilt for longer. Stop thinking and just do it. Open your heart and forgive. Eventually forgiveness will come if you welcome it. Just learn to smile and let things go. Give up on all hope of a better past. Every time you think of them send them love. After a while it gets easy. The harder it is to forgive someone else, the more I am responsible. When I understand and forgive myself, forgiving others is easy. One involves restoring your boundaries and sense of protection first. The other involves focusing on what your body is feeling and stop dwelling on the offense. Both involve being present. Shift the focus, feel the pain and think of the thousands of others in the world who are also feeling the same pain, then send a loving-kindness message to everyone to be relieved of this suffering. Forgiveness always seem to follow those usually difficult emotions. Write a brutally honest, emotionally raw letter telling them how much they have hurt and angered you, then tear it up and burn it. As you watch the smoke rise, think about the fact that you are not that hurt and that anger. It is fleeting, just like everything else. As the smoke carrying your hurt and disappointment disappears into the air, you can let it go. For some wrongs, I just have to remember that they are responsible for their actions and then it is easier for me to just let it be. It becomes easy when you remember a time when you were forgiven, centering on how it made you feel. I came to this realization:

Chapter 9 : How to Let Go of Resentment and Forgive Your Ex

I forgive already because I now know how superiorly God must look down on us and all our little stupid sins, which we make so important, so I pity my husband and his lovers past and present for believing that they were actually acting out some superior life www.nxgvision.com I forgive because as a child of God, I can afford to be pitying toward them.