

Steps for Forgiveness



One of the key stages in conflict resolution is the ability to forgive the other party or even yourself. To promote emotional wellness, follow these steps to practice forgiveness.

01

Acknowledge the Situation:

While admitting you've been hurt may ignite other emotional reactions, it's the first step in working through the pain.

02

Express Your Feelings:

Journal or confide in someone you trust to name your feelings and practice self-compassion.

03

Have Empathy:

If appropriate, allow yourself to see the other party's perspective and have empathy for them, but don't rationalize away your hurt.

04

Establish Boundaries:

Forgiveness doesn't mean you have to let people continue to hurt you, so if necessary, set boundaries with the other party going forward.

05

Communicate for Closure:

While forgiveness is about achieving inner peace instead of receiving an apology, which you may not get, it's important to express your feelings to the other party so you can seek closure for yourself.

06

Take Your Time and Get Support:

Forgiveness can be a long process depending on your unique situation, so be sure to lean on those you trust for support or seek professional guidance if needed.

07

Empower Yourself:

Forgiveness is an opportunity to choose peace and growth over pain and resentment, so use this experience to learn a lesson and reclaim your power.