

The Power of Forgiveness: **HOW IT CAN HELP CAREGIVERS**

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Charles & Deedee (aide)



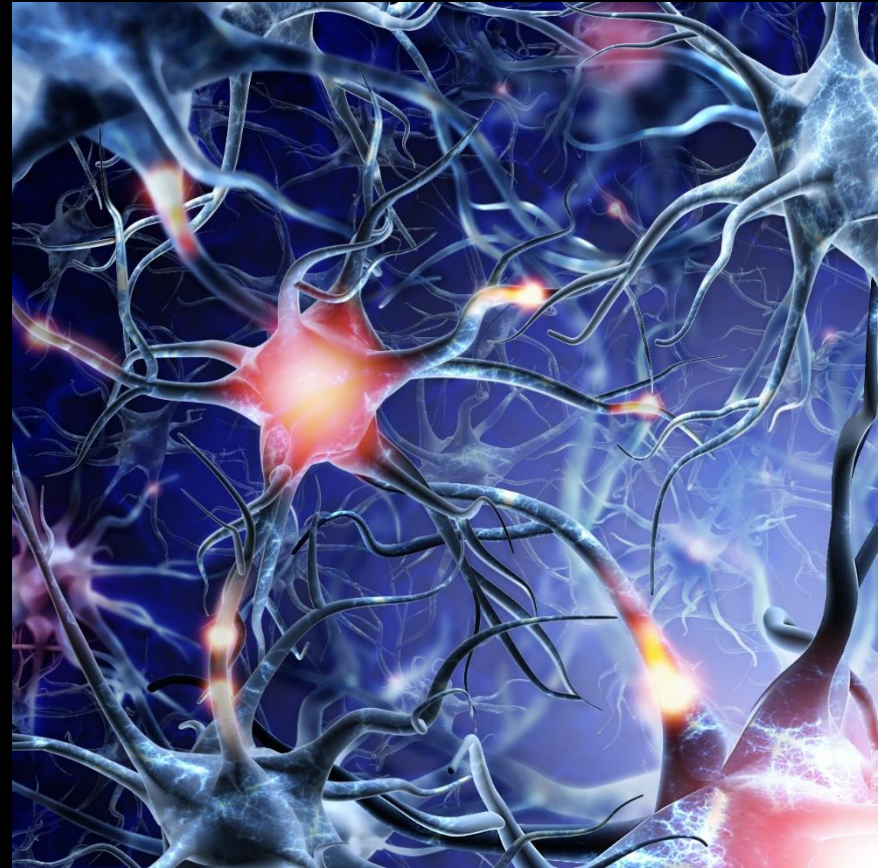
Are you holding a grudge?

- **WITH YOUR LOVED ONE?**
- **WITH A FAMILY MEMBER?**
- **WITH A FRIEND?**
- **WITH AN ACQUAINTANCE?**
- **WITH A STRANGER?**



What gets us to point of pain*

- **THE EXAGGERATED TAKING OF PERSONAL OFFENCE**
- **THE BLAMING OF THE OFFENDER FOR HOW WE FEEL**
- **THE CREATION OF A GRIEVANCE STORY**



By focusing too much on our disappointment we end up renting too much space in our minds to the hurt



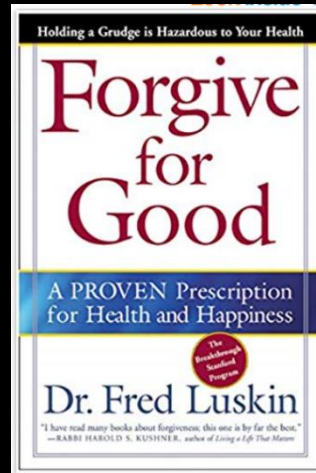
*"A grudge is a gift that keeps
on giving—misery, that is."*

**--Fred Luskin, PhD
and Carl Thoresen,
PhD, Stanford
Forgiveness Project as
reported by Joan
Borysenko, PhD,
Prevention, 11/3/11**



What forgiveness is NOT:

- **CONDONING UNKINDNESS**
- **FORGETTING THAT SOMETHING PAINFUL HAPPENED**
- **EXCUSING POOR BEHAVIOR**
- **DENYING OR MINIMIZING YOUR HURT**
- **NEEDING TO RECONCILE WITH THE OFFENDER**
- **GIVING UP HAVING FEELINGS**



I'm 
Sorry

"Forgiveness is for YOU and
not the offender. Forgiveness
is taking back YOUR power"

--Fred Luskin, PhD

Another example



Opportunities to forgive



Opportunities to forgive



Opportunities to forgive



Opportunities to forgive



Why is forgiveness so
difficult?



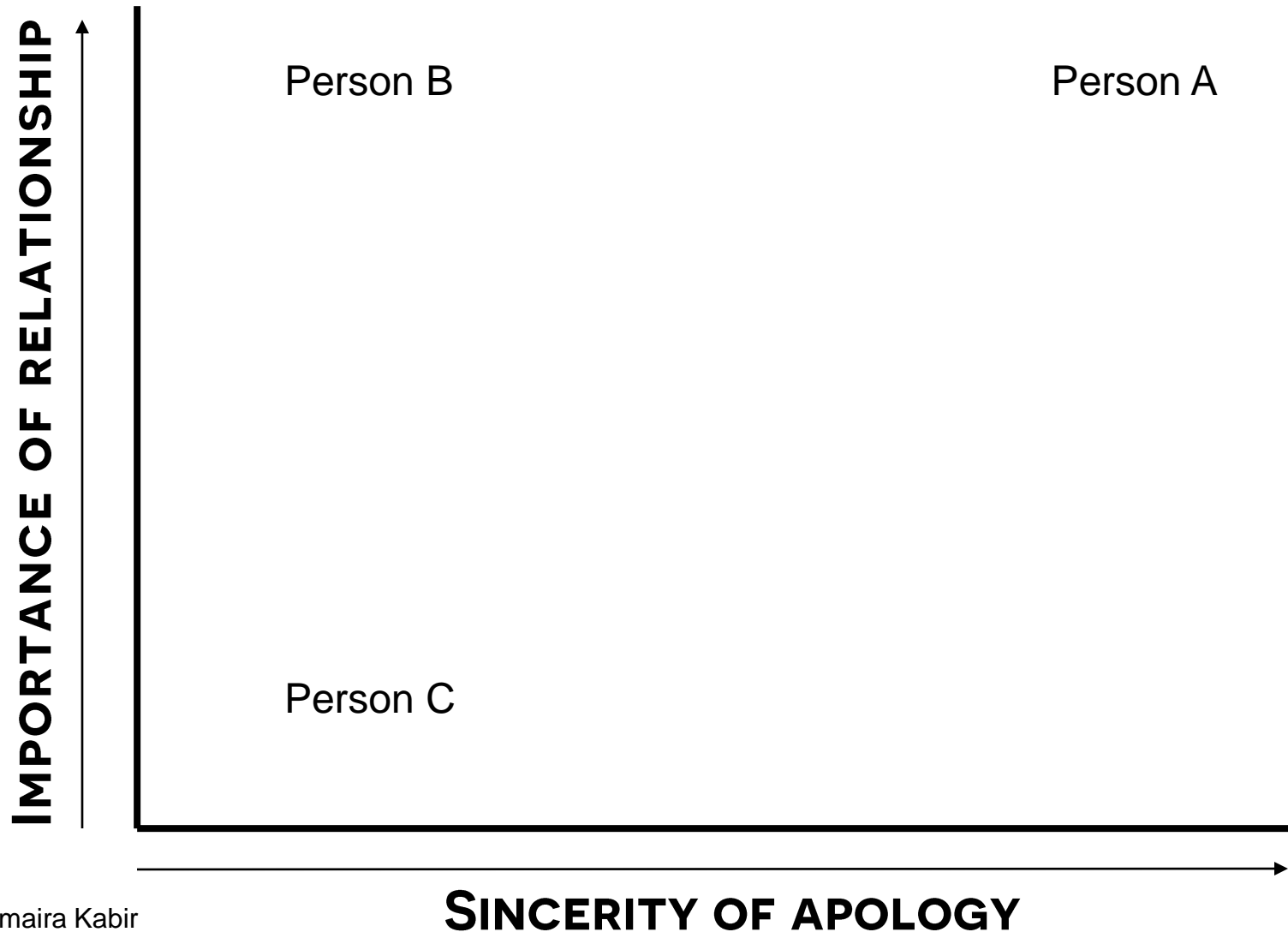
“Buddha would say that my mother’s resentment was like a hot coal: She picked it up to throw it at someone else, but she was the one who got burned.”

--Joan Borysenko, PhD, *Prevention Magazine* online, 11/3/2011

What about apologies?



Forgive and Forget?*



Healing power of forgiveness



Benefits of forgiveness



**“Good nature and good sense
must ever join;
To err is human, to forgive,
divine.”**



**--Alexander Pope, 18th
century English poet**

Forgiveness process

1. GRIEVE

2. LET GO



Acknowledge what you
wanted



Self insight



Look for another way to get
your positive goals met



Practice with people you like
& on easy things



Develop a forgiving mind
through empathy



Be kind to yourself as you
work toward forgiveness



Forgive for love



"We have such short time on
this planet—we might as well
enjoy it"

--FRED LUSKIN





Thank You!



Inspiring Peak Performance through Authentic Positivity

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