

10 Reasons Why You Should Forgive

(Reminders for why forgiveness should be important to you)

Presented by Reviyve Stress & Alternative Pain Relief

1. Forgiveness paves the way to be forgiven.
2. Forgiveness releases the pain.
3. Forgiveness shuts the door on evil in your life.
4. Forgiveness gets you out of a state of dis-ease which leads to disease.
5. Forgiveness can improve your health.
6. Forgiveness gives you peace.
7. Forgiveness releases the past.
8. Forgiveness shuts down negative energy in your life.
9. Forgiveness takes you from victim to victor.
10. Forgiveness opens you up to love and be loved.

Copyright © Reviyve LLC. This Reminder Sheet is Shareware: Pass it on to your friends!

www.AntiStressandPain.com

10 Ways You Can Promote Forgiveness

Presented by Reviyve Stress & Alternative Pain Relief

1. Pray and ask God to help you forgive.
2. Put yourself in the “shoes” of your offender. Consider that there are good reasons (unknown to you) for why he/she has treated you poorly.
3. Remember, you once offended someone.
4. Write your thoughts and feelings down in a journal or diary.
5. Accept your responsibility in the offense.
6. Talk to your offender and let them know they hurt or upset you.
7. Release your offender from un-forgiveness in advance (this is helpful even if they don't acknowledge your pain)
8. Use [aromatherapy](#) as an alternative means to release your emotional trauma and promote a forgiving environment.
9. Seek professional help/counseling.
10. Be patient with yourself. Forgiveness is a process.

Copyright © Reviyve LLC. This Reminder Sheet is Shareware: Pass it on to your friends!

www.AntiStressandPain.com