

10 Reasons Why I Should Forgive

(Reminders for why forgiveness should be important to you)

Presented by Reviyve Stress & Alternative Pain Relief

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

10 Ways I Can Promote Forgiveness

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