



# Letting Go and Forgiving Others

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Learning to let go and forgive is a noble act. It can help you have peace with yourself and others. However great the benefits, though, it's not always an easy thing to achieve.

Small transgressions are easy to forgive and forget. But then there are the big things for which you may feel the need to cling onto. You might tell yourself that you've let it go, but ultimately you haven't. In these tough situations, ***there are techniques that you can use to finally let go and find peace.***

## Learning to Forgive

It's important to learn to forgive. Holding onto grudges or resentments only hurts *you*. It can lead to bad moods, depression, or even health conditions. ***When you hold onto resentment, you allow a situation to burden your future.***

Forgiveness is the right choice to make, but it doesn't mean that you've forgotten what has happened. You might even still hold someone else accountable for the wrong. ***With forgiveness, you're simply making the decision to move on with your life.***

It means that, while you might not ever completely forget the pain, you'll still be able to live your daily life without it. And when you see the person who has wronged you, you won't immediately think of or bring up the situation.

## How to Forgive

There's no set rule on how you should approach forgiveness. However, ***you may know deep down when it's time to forgive.*** When you realize that you've been replaying a situation in your head over and over, it's time to let it go and forgive.

In order to forgive, you also need to allow a change to take place in your life. Find the compassion within to make peace with the past. You'll feel the change in your heart as you let the resentment go and make room for positive feelings.

This can be especially difficult if the person you're dealing with seems resistant to change or doesn't even care about your forgiveness. In this situation, remember that ***you're searching for peace for yourself***. It isn't about making the other person feel better; it's about making *you* feel better.

## **Letting Go**

Once you've found it in your heart to forgive, it's time to work on letting go. This step can be so difficult, yet it's the most important. Letting go simply means that you're not fighting battles in your mind anymore.

One way to let go is to ***adopt the attitude of a present moment thinker or forward thinker***. You'll want to spend as much time as you can to truly experience life in the moment.

It's when the past and negative thinking creep up that problems are likely to occur. When this happens, do whatever is in your power to ease your mind. You'll find that as time goes by, things *do* get easier to deal with when it comes to situations involving forgiveness.

Remember that ***letting go is the best thing you can do for yourself***. You certainly don't enjoy holding onto anger and resentment, so why continue? Ask yourself if those feelings are really serving a purpose for you. Then make the choice to forgive and forget. You'll be glad you did!