

Title:

Reaching Forgiveness

Word Count:

683

Summary:

^How can I forgive my parents when they were so abusive to me when I was growing up?~

Keywords:

forgiveness, forgiving, happiness, self help, self improvement, personal growth

Article Body:

^How can I forgive my parents when they were so abusive to me when I was growing up?~

^How can I forgive my spouse for cheating on me?~

^How can I forgive my best friend for abandoning me?~

^How can I face and forgive unforgiving abusers and manipulators?~

^How can I forgive myself when others do not forgive me and throw my past in my face every chance I get?~

These are some of the questions about forgiveness my clients have asked me over the 37 years that I have been in practice.

We have all been told that forgiveness is good for the soul, and it is. Yet forgiveness cannot be forced upon anyone.

Forgiveness toward others is the natural outcome of forgiving ourselves and of taking loving care of ourselves.

Let's start with the first statement, ^How can I forgive my parents when they were so abusive to me when I was growing up?~

As adults, we each have a wonderful opportunity to learn to treat ourselves with the love, respect, and compassion that we would want for others.

^How can I forgive my spouse for cheating on me?~ You will not be able to forgive a spouse until you have forgiven yourself.

^How can I forgive my best friend for abandoning me?~ The world tends to mirror to us whatever we are.

^How can I face and forgive unforgiving abusers and manipulators?~ Others' behavior actually has nothing to do with us.

^How can I forgive myself when others do not forgive me and throw my past in my face every chance I get?~

When you learn to move out of judgment and into compassion ~ first for yourself and then for others, you will find that forgiveness is a natural and powerful part of your life.

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