

Effective Forgiveness

By Cheri DeMoss

For most of us the idea of forgiveness is something typically described in vague clichés. We're told things like: Let It Go; Get Over It; Move On; It's in the Past; Forgive and Forget. But most of us have no idea what that looks or feels like.

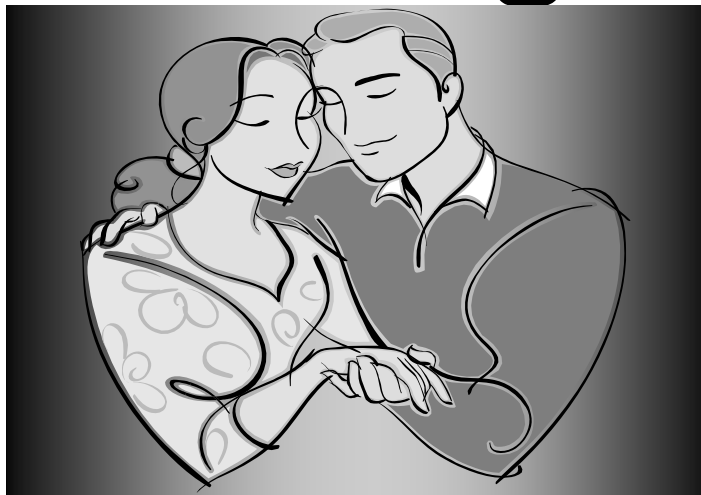
Except with some adult and small toddler size children interactions, we have seldom seen forgiveness role modeled or rarely experienced it ourselves.

For example: we see a baby learning to walk, they lose their balance and fall on top of the family cat.

The cat screams, runs under the couch and won't come out. The toddler starts crying and it seems like they won't ever stop.

Most people have no idea what forgiveness looks or feels like since we seldom see it role modeled.

Healthy adults don't hold a grudge against the toddler. We're able to forgive the toddler because we understand that they didn't



Forgiveness is having the ability to have the insight, strength and bravery to get the information you need to get a "hand-held" understanding

Breaking Free Classes

As infants & toddlers we felt good about ourselves. We didn't worry if people liked us. In fact, we had every confidence that we were completely lovable and likeable. We didn't try to hide what we felt or who we were from others.

We easily shared our feelings, thoughts & accomplishments. As we grew up we were given the message that what we felt, did or thought was not okay.

Our self-esteem affect all

aspects of our lives and our relationships. By learning how our childhood self-esteem turned into adulthood self-doubt we can easily reverse the process.

You'll learn to:

- Turn obstacles into options
- Expand your self-esteem
- Enhance your relationships
- Recognize your strengths
- Change fear patterns
- Feel consistently confident
- Experience the innovation

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n't mean it and they couldn't help it.

This is an important point because it explains why we have such a deep seated belief in denying, defending justifying and explaining ourselves when asked to own the impact of our actions.

Most of us desperately believe that if we can justify, explain and defend our actions we will be forgiven

We've been taught that to have even the remotest possibility of being forgiven we have to be able to prove (by justifying, defending and explaining) that we didn't mean it or couldn't help it. By justifying and defending with lengthy explanations we believe we will get the other person to understand why we did the thing that we are now in trouble for doing.

We repeatedly act as if showing we had good reasons for our actions or explaining that we had no choice but to do what we did - they will forgive us. They will understand us, much like the adult understood the falling toddler.

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