

Forgiveness...

Long term grudges, hate, anger and pain will kill you...and, only you. They won't affect the person against whom you harbor these emotions. That person may feel remorse but not for very long, in most circumstances. You can only punish someone for so long before it gets old. When we become adults, we get the opportunity to choose. We can choose how we feel, what we want, where we want to be and, most importantly, who we want to be.

If you choose to resent and be angered by another's actions or behaviors, that is your choice and your right. But, long term, it becomes infectious. Your mind gets warped. Your heart gets damaged and your soul, destroyed. At some point, it's not worth it anymore. Humans are fallible. We are limited in our mind and heart by our expectations and requirements of others. That is our weakness.

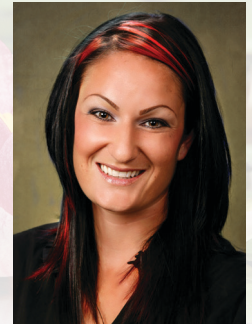
When we feel betrayed, unappreciated, taken for granted and/or disposable, we feel pain, rage and discomfort. Again, that is our choice. Sure, the behaviors of others may validate what we feel (in our mind) but it is our choice to interpret behaviors that way. Perhaps, they are just limited in their ability to show you what you want to see. They can't give you what you need or want. Not necessarily because they don't want to, but rather, because they don't know how. Showing or telling them doesn't always work. We aren't all born and raised with the same tools. We do things differently and that's ok.

Being indefinitely angered and hurt by this natural limitation is futile. Appreciation of their limitations, of ours, is imperative. When we begin to understand that nothing is "personal" we temper our negative emotions and evoke our empathetic ones. This leaves room for logic. We can debate all day long

that what s/he did was a personal attack... but it wasn't. It was a stupid choice in our opinions and maybe theirs, but it still made sense at the time or at least worked. We all do it. It's human nature.

It will always serve you well to forgive. Addiction, insanity, whatever. Forgive. You don't have to stay but you can forgive, love and let go, with kindness.

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