

R.E.A.L GoalsSM: Forgive Someone

Realistic, Easy, Attainable, Life Goals

Example: In the next 30 days, I will work on forgiving someone.

Benefits: Letting go of grudges and bitterness can make way for improved health and peace of mind.

Forgiveness can lead to:

- Healthier relationships
- Improved mental health
- Less anxiety, stress, and hostility
- Lower blood pressure
- Fewer symptoms of depression
- A stronger immune system
- Improved heart health
- Improved self-esteem



Things to think about:

Holding on to anger and hurt feelings about someone who we perceive has “wronged” us takes a toll on our well-being.

- Consider if miscommunication or a misunderstanding of someone else’s view may be the cause of the conflict. We may need better dialog with that person about the situation.
- There are times when we have someone in our life who may be emotionally unhealthy or toxic to us.
 - o If there is a pattern of hurt?
 - o What keeps this person in your life?
- Someone may be intentionally hurtful, and it may be time to decide on whether to continue the relationship.
- Regardless of the situation, remember that forgiveness is not for the other person; it is a way for you to let go of the hurt and begin to move on.

Reflect on the situation.

- What is your relationship dynamic with this person?
- Is there a power difference?

Presume good intentions about the other person.

- There is a reason this person is in your life, and you are emotionally invested.

Self-reflection.

- What frame of mind were you in during the interaction?
- How open are you to feedback?
- Did you voice your opinion at the time or at a later time?
- Is there an opportunity for growth from this hurt? What did I learn?

Consider talking to the person about your feelings.

- What gets in the way of talking to the person about this situation?
- Can you see the other person's side and where they were coming from?
 - Identify what needs healing and, who needs to be forgiven and for what.

Let it go.

- Recognize the value of forgiveness and how it can improve your life.

Start small.

- Having trouble forgiving a big hurt? Start small and practice self-compassion.
- Practice with small acts of forgiveness throughout your day.
 - If an insult or frustration happens to you, try not to let it affect the rest of your day. Move past it.
- Practice humility—not in the sense of putting yourself down, but in realizing that we are all capable of imperfection and suffering.

Resources for more ideas:

- Verywell Mind - [The Many Benefits of Forgiveness](#)
- Hopkins Medicine - [Forgiveness: Your Health Depends on It](#)
- Positive Routines - [Science-Backed Benefits of Forgiveness You Need to Know](#)

Explore more [Real Goals and Supplemental Resources](#)

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