



## R.E.A.L. Goal<sup>SM</sup>: 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 perceived has “wronged” us takes a toll on our wellbeing.
  - 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.
  - That being said, there are times where we have someone in our life that may be emotionally unhealthy or toxic to us.
    - If there is a pattern of hurt?
    - What keeps this person in your life?
  - Someone may be intentionally hurtful, and it may be time to make a decision about whether to continue the relationship.
  - Regardless of the situation, remember 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.

### Check these websites and links 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

To choose another goal, go to: <https://www.deancare.com/wellness/real-goals>

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