

HOW TO PRACTICE EFFECTIVE FORGIVENESS FOR POSITIVE THINKING



Here are a few easy exercises you can do to reroute your negative patterns of thinking:

In a few words, describe the worst thing that has ever happened to you.

Example: My parent died when I was a teenager.

Now, list one good thing that resulted from it. Dig deep until you find a way to feel gratitude for it.

Example: Losing my parent at a young age gave me incredible perspective throughout young adulthood. Unlike a lot of my peers, I had the life experience to understand what real problems look like, so I didn't have to get caught up in the insignificant worries that people in their late teens and early twenties experience. That level of emotional maturity launched me forward in my first job.

Describe a situation in which someone was rude to you, short with you, or otherwise slighted you.

Example: That guy cut me off in traffic. He's being such a jerk to me.

Now, come up with a few possible reasons why the way that person treated you had nothing to do with you. It doesn't have to be real.

Example: That crazy driver's wife is in the ER right now having a miscarriage and he wants to be there for her. I am grateful that I could get out of the way, and I hope he gets through this traffic jam soon.

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Make a list of people or situations that make you feel anger or resentment whenever you think of them. Bonus points if you feel the physical effects of anger when you think of these people or things. It's a strong signal that this is a good situation to work through.

Example: My kids adore their grandparents, but they come dead last on my parents' priority list and that breaks my heart for them.

Do these stress-busting *breathing techniques* to return to a good state. Then, list at least one reason to be grateful for these negative interactions.

Example: Uninterested grandparents made it really easy for my family to relocate for a better work opportunity and better area for the kids to grow up in. This move is shaking my kids' world enough as it is, and I am grateful that their relationship with their grandparents won't change much or add to the stress.