



The Virtues Project

FORGIVENESS

Being forgiving is giving someone another chance after they have done something wrong. Everyone makes mistakes. Instead of revenge, make amends. Forgive yourself too. Instead of feeling hopeless after a mistake, decide to act differently, and have faith that you can change.

You are practicing forgiveness when you ...

- Remember that everyone makes mistakes
- Share your feelings without taking revenge
- Stop giving uncaring people the chance to hurt you
- Accept people without judgment or criticism
- Take responsibility for your own mistakes
- Make amends instead of punishing yourself with guilt

Affirmation

I am forgiving of others and myself. I am willing to give and receive amends. I learn from my mistakes. I have the power to keep changing for the better.