

Tool 13.2: Explore the option of forgiveness

Date:

Think about an incident that left you feeling angry or hurt and that you've had trouble letting go.

How does your anger benefit you?

What are reasons to keep being angry?

How much time and effort does your anger take?

How does your anger hurt you?

What happens to your anger if you let go of your desire for an apology or amends?

What would the impact be on your health, relationships, and performance at school or work?

What might you gain from a conscious decision to forgive?