

Living Well

TOTAL WELLNESS FOR THE WHOLE FAMILY

Forgive Yourself, Others and God

Learn to...

- Use four skills to infuse forgiveness into your thoughts, actions and prayer

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" 22 Jesus answered, "I tell you, not seven times, but seventy-seven times (Matthew 18: 21-22 NIV)

"Blessed are the merciful, for they will be shown mercy." (Matthew 5:7 NIV)

Jesus said, "Father, forgive them, for they do not know what they are doing." (Luke 23: 24 NIV)

Forgiveness is the "medicine" that can cure any negativity, whether it be anger, depression, guilt or stress. These feelings can blind you to the goodness in your life. But forgiving yourself and others can re-enchant you with God's glories.

Forgiveness is a central message of Christ's ministry; an important ingredient in most faith traditions; and a key focus of psychology.

But how do we forgive ourselves, others and God?

This Action Guide suggests using four *Satisfaction Skills* to infuse forgiveness into your thoughts, actions and prayer. *These skills can help seniors, adults and teens, so why not discuss this Guide with friends and your whole family?*



Awareness - Rather than dwell on past mistakes and heartbreaks, use awareness to focus on the present moment. Meditation (as presented in our program) can help you to be aware of the Goodness that surrounds us now, and replace angry thoughts with peace.

Affirmations - Remind yourself about the positive and the good in you, in others and in God's creation. Be grateful for your gifts and blessings

Assertiveness - Tell friends, family and God about your hopes, goals and feelings. (Try to stick with "I feel... and I want... statements, rather than saying "You are... or you should..."). Apologize and/or seek justice as necessary.



Acceptance - Forgiveness and acceptance happens after we made an effort to be aware, affirm and be assertive in our thoughts, actions and prayers.

*To see how forgiveness can help you with other issues in your life,
please visit www.ChooseToLiveWell.org and download these free Guides:*

[Finding More Love](#)

[Success with Stress](#)

[Caring for the Caregiver](#)

[Pray](#)

[Healing, Hope and Hospitals](#)

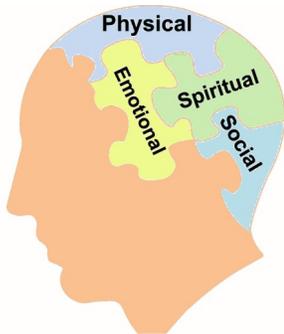
[Teens as Teachers](#)

[Sensitivity and Satisfaction](#)

[End of Life, the Law and New Beginnings](#)

Four Steps to Living Well

The steps in this little poem can help you and your loved ones to “live well” - whether you’re concerned with forgiveness or some other issue.



START SOLVING YOUR PUZZLE

Any piece of the wellness puzzle can help or harm the other pieces.

Which pieces of the Wellness Puzzle are most important for you? ...and for your loved one?

GET HELP WHEN YOU CAN

2-1-1 is a phone number that connects you to an information specialist who can link you to the community services (e.g., financial, emotional, medical and other help) for seniors, adults or children.



NY Connects (through the NYS Office for the Aging) connects you with resources and assistance whether you’re caring for a senior, an adult or a child (1-800-342-9871 /www.NYCONNECTS.ny.gov)



If **spirituality** is important to you, think about seeking support through prayer and/or a local faith community– or reviewing our *Action Guides* on **Prayer** and **Finding More Love**.

USE FOUR WAYS TO STOP STRESS

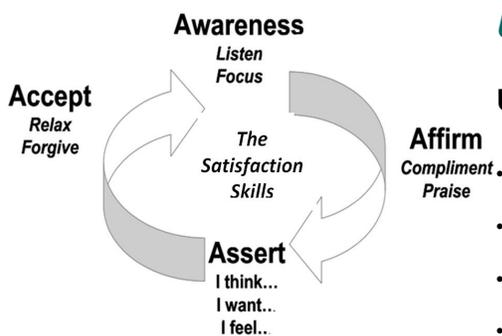
Use the **Satisfaction Skills** to help you:

- improve communication between you and your loved ones
- Stop your stressing (if only for a minute or an hour)
- Forgive
- And (if spirituality is important) to pray

THEN FOLLOW YOUR PLAN

Change takes time, so make a plan and get support to help you stick to it.

Keep a written record or a journal so you can learn from your own experience.



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