

Stuff That Works Building Families

Chapter 21 “Forgiveness”

Take Action

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Chapter 21 Take Action: Content

- Is there anyone in your family you are upset with right now? Go to them in person and say, “ I am upset with you for X. I wanted you to know and I have decided to forgive you. I love you too much to stay mad with you.”
- Do not argue with people. You will find that sometimes when you forgive people they will want to argue with you saying they did not do anything wrong. Smile and tell them. This is just how I feel and so I have forgiven you. We are all good now.
- Make a list of anything that is bothering you. Develop a plan for forgiving those that have done wrong to you. In the case of abuse. Go to a hospital and seek help. They keep it private and they can help you. With abuse you must gain professional help.
- Invest time on Stuffthatworksbooks.com

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Chapter 21 Take Action: Action 1

Is there anyone in your family you are upset with right now? Go to them in person and say, " I am upset with you for X. I wanted you to know and I have decided to forgive you. I love you too much to stay mad with you."

ACTION

Forgiveness is a powerful thing. It is something that most of us do not work at and seldom think about.

We expend a great deal of energy tracking the wrongs that people make against us. We also spend fast and furious energy on revenge. We are good at paying people back for their sins against us.

In a family context forgiveness is a better investment in energy. The key is to learn to do it. To invest time and be deliberate as a family of forgiving one another.

I strongly encourage you to learn how to forgive. Teach yourselves how to forgive and practice what you learn deliberately and often.

EXAMPLES

How to Forgive

1. Focus on the family : Focusonthefamily.com
2. Psychology Today: Psychologytoday.com
3. Oprah: Oprah.com
4. All About God: Allaboutgod.com

Forgiveness is a process:

4 Phases of forgiveness: Lifeway.com

1. Hurt: **Identify, experience and express your feelings.**
2. Hate: **If you have been hurt, you hate.**
3. Hook: **Acknowledge the deceptive feeling of control.**
4. Heal: **Forgiveness is both an event and a process.**

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Chapter 21 Take Action: Action 2

Do not argue with people. You will find that sometimes when you forgive people they will want to argue with you saying they did not do anything wrong. Smile and tell them. This is just how I feel and so I have forgiven you. We are all good now.

ACTION.

The telling someone that you are forgiving them is as much for you as it is for them.

There are several people I have forgiven who refused to acknowledge the hurt they caused me or to accept my forgiveness.

In those cases I still forgave them and by doing so was able to release my hate and move on. I received the healing regardless of their reaction. Forgiveness is something only you can do and no one can take that away from you.

Forgive others and find freedom from hate and healing.

EXAMPLES

According to the Mayo Clinic, forgiveness brings with it plenty of health benefits, including improved relationships, decreased anxiety and stress, lower blood pressure, a lowered risk of depression, and stronger immune and heart health. Letting go of negative emotions can often have a remarkable impact on the body.

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Forgiveness - Mayo Clinic

www.mayoclinic.org/healthy-living/relationships/healthy-living/20047692 • Mayo Clinic • Healthier relationships. Greater spiritual and psychological well-being. Less anxiety, stress and hostility. Lower blood pressure.

Let It Go...For Your Own Sake: 5 Health Benefits Of ...

mepyt.com/health-benefits-of-forgiveness/ • However, you may also notice your body thanking you through the health benefits of forgiveness: lower stress levels, a healthier heart, higher pain tolerance, lower blood pressure, and even an extended life.

The Many Benefits of Forgiveness - Stress Management

stress.about.com/.../Marriage-Stress-and-Stress-Relief/ • Learn why forgiveness is important for your own wellbeing, and find forgiveness resources to get ... Forgiveness brings many benefits for health and inner peace.

8 Ways Forgiveness Is Good For Your Health - Huffington Post

www.huffingtonpost.com/.../forgiveness-health-ben-... • The Huffington Post • Oct 25, 2014 • The health benefits of forgiveness seem to come largely from its ability to reduce negative affect (feelings of tension, anger, depression and ...)

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Chapter 21 Take Action: Action 3

Make a list of anything that is bothering you. Develop a plan for forgiving those that have done wrong to you. In the case of abuse. Go to a hospital and seek help. They keep it private and they can help you. With abuse you must gain professional help.

ACTION.

WARNING:

I have written about things that have impacted me and my family. I have no experience with how to deal with abuse. You must seek professional help.

ACTION:

For me the key to forgiveness is not to over work it. Balance. Spend a little time generating the list of issues, a little time developing a forgiveness plan and then more time to execute the plan. Then let it go and move on.

I have seen those that dwell on it and invest far too much time on this topic. I have included it because it is a tool that works for building a family. But it is only one tool in the tool chest.

EXAMPLES

Offense	Who I will Forgive	Forgiveness Plan
Kids Broke TV in Garage	Kids	One on one
Wife embarrassed me before kids	Wife	During Bath Next week
Daughter disrespected before teacher	Daughter	One on one tonight
Family never helps rake leaves	Family	Family meeting before movie night

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Chapter 21 Take Action: Action 4

Invest time on Stuffthatworksbooks.com to discover more ways to add fun to daily office life.

ACTION.

This is an easy one.

I believe that each of us can help someone else.

There is so much to know and to experience. You just can not do it on your own. So the best way forward is to share and learn from each other.

Technology makes this so easy today. That is why I built the web site Stuffthatworksbooks.com .

It only reaches its potential if you join in and add the stuff that works that you have found. Please make a contribution today. Help others find the Stuff That Works.

Others have already shared their stuff that works so be sure to check the site often as there is probably something to improve every area of your life.

The community is waiting and growing. I hope you will join in and make a positive difference.

Thank you!

EXAMPLES

CONTRIBUTE

It is easy to share your Stuff That Works.

Simply click on “Contribute” from the main menu.

Then select “Submit an Idea”.

Easy!

Learn From Others

It is easy to Learn Stuff That Works from others.

Simply click on “Contribute” from the main menu.

Then select “Search for Stuff That Works”.