

## Practicing Forgiveness

Below is a straight-forward process you can use when you want to let go of resentments or reconnect with someone with whom you've been angry. By using these steps, you can increase your feelings of peace, dissolve barriers with the other person, and come back into harmony in your relationship.

1. Identify the person toward whom you feel resentful.
2. Find a comfortable place of solitude, a place where you won't be interrupted by another person, the telephone, or other electronic device.
3. Shut your eyes and take a few deep breaths down into your belly. Relax.
4. In your mind's eye, picture the person you feel resentful toward.
5. Ask yourself this question: Is holding onto my resentment worth the inner turmoil, the negative feelings, and the separation from that person?
6. Gain a sense of your connection with this person and make a conscious choice to release the resentment and forgive him/her. Also forgive yourself for any vengeful actions or thoughts you may have experienced.
7. As you look into the eyes of the other person in your mind's eye, tell the person the truth of the situation; then express your love for her/him in a way that fits for you.
8. Create a new intention about how you will be and what you will do going forward in your relationship with this person.
9. Commit to live this new intention and do so.

### Optional Step

If you want to express your forgiveness in person, simply invite the person to meet with you. When you are face-to-face, honestly say that you had been resenting him/her (a general statement is often the right place to begin), apologize for holding this resentment—as well as for any vengeful or hurtful things you may have said or done, say that you forgive him/her, and ask if he/she will forgive you.



### About the Authors

Shonnie Lavender and Bruce Mulkey are the blissfully married coauthors of [\*I Do! I Do! The Marriage Vow Workbook\*](#), an inspirational resource for creating compelling wedding vows for your marriage, civil union, commitment or recommitment. This workbook will help you craft unique, romantic wedding vows that will serve you not only during the ceremony itself but throughout your lives together.

Lavender and Mulkey offer relationship wisdom via their blog and podcast, [\*I Do! I Do!\*](#) and can be reached via email at [info@MarriageVowWorkbook.com](mailto:info@MarriageVowWorkbook.com).