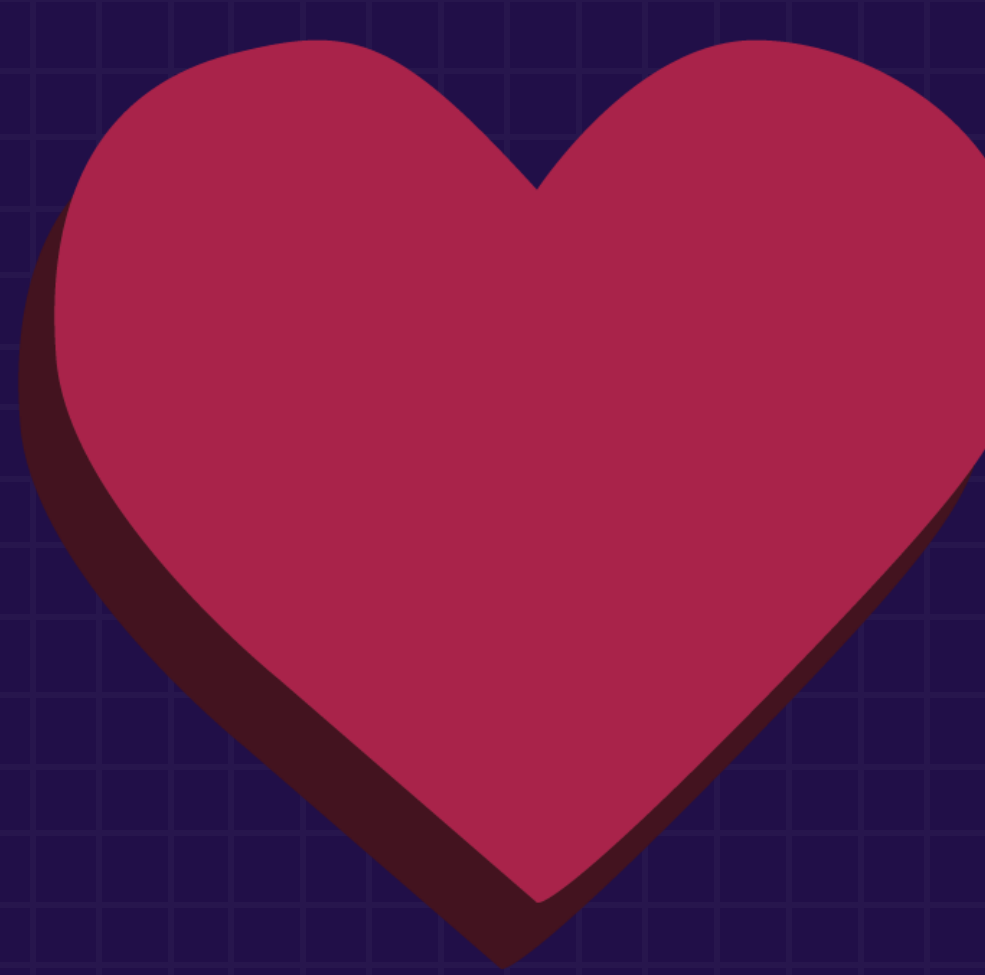


5 Truths to Keep in Mind About Forgiveness

Before granting forgiveness, it's important to acknowledge the pain you feel.



To forgive, you have to first recognize that you are good and worthy of goodness.



Choosing to forgive takes courage and bravery.



Granting forgiveness is not a one-shot-deal; it's a multi-step process.



Granting genuine forgiveness is liberating.

