

# Forgiveness

One of the hardest things to do is to forgive someone or something that/who has hurt you, albeit a mild hurt or a deep hurt – is there a difference as it all feels the same.

How do you define this?

Actually it is very hard to answer this question and most do not seem to understand the true concept of what forgiveness is.

How do you forgive the actions of others or the action itself?

You are asking for an apology of some sort and/or you are accepting what happened.

Forgiveness is such a powerful tool as it begins the healing of one's heart and soul. It is like a big weight has been lifted off when you truly forgive someone or something.

This may seem strange to some, but reflecting on one's own experience, letting the hate, the anger, the disappointment go is the start of taking control and being able to move forward.

Anyone can experience hurt at some time or other and this can come in any form.

It takes courage, strength and determination to face this hurt and it can be like going to a place of the unknown.

Therapy is a good place to start to learn forgiveness, to heal. to have that epiphany, and to move forward.

There are many things that can be done or put into place to achieve this.

Give me a call – 0434 436 835

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