

Gaining Acceptance

1. Have you ever been able to change your past?
2. Has anyone you know changed their past?
3. Do you want to spend the rest of your life trying to do what is impossible?

You can never change the past, what has happened, has happened. But hope is not lost, you can change your future and you never need to live in the past again. Just because the past can never change doesn't mean our understanding and feelings can never change. In this healing comes.

Gaining Understanding, Compassion and Forgiveness

1. Ask yourself why he or she has done this to you?
2. Ask yourself what kind of pressures or concerns he or she might have had?
3. Ask yourself what other components might have influenced them to act the way they did? (not a justification, just a basic knowledge of what they might have been thinking at the time, whether right or wrong)
4. Ask yourself was the other person was doing the best they could in that moment?

Gaining this understanding can be very powerful.