

Get Your Power Back with Forgiveness

When something has happened to shake your trust or belief in another person (especially someone you love), you may feel anger and resentment for a long period of time. You may even be handing over your power to the other person because you think about the situation constantly and suffer the consequences of his or her actions.

These self-destructive emotions and thoughts can cost you dearly in terms of power for yourself. Power is taking your thoughts and emotions back through the force of forgiveness. That doesn't mean you let the person off the hook for what he or she did to you – it simply means that you're giving yourself permission to put it in the past and move on with your life.

You may always remember the hurt or tragedy you suffered through the act of another person, but that doesn't mean that it has to stalk you forever. When you forgive, you get a type of peace and calm without condoning the act or excusing the person who transgressed against you.

Forgiveness is a choice you make to take action that will take back your power and help you move on rather than letting the hurt control you. When you relive the pain of the transgression on a constant basis, you remain in a state of limbo, where your mind and actions center on the suffering rather than the recovery stage.

Until you use the power of forgiveness to release yourself from the inward and outward signs of fear, guilt, anger and frustration, the negative feelings will cling to your psyche and even begin to make a difference in your physical well-being. Only when you let go can you retrieve your power and see a transformation.

Keep in mind that there's no timeline for forgiveness. It should happen when and only when you're ready and not when others say you should move on or it would be better for you if you moved on. Pay attention to your inner thoughts and if you find the negative taking up the most space and time, endeavor to shift your thoughts to happier and more positive ones.

It may be helpful to write down what you're thinking and feeling. Don't leave anything out – and use lots of verbs in your sentences. Putting it down on paper can be a therapeutic action to putting the past in the past and getting your power back.