

How to Get Revenge by Forgiving

You may hate to think about forgiving a person because you so desperately want revenge – to show that person he or she can't get away with what they've done to you. You may think the pain will never stop and the hurt will go on and on. The only way to move beyond what you've been through is with authentic forgiveness.

But how do you reach that level, when you just can't let go of thoughts of anger and revenge? Since forgiving is a process, you can't expect it to occur suddenly or without thought and commitment to the process.

Some stages involved in the process are:

1. Don't think you can change the past. Wanting a different outcome won't make it happen. You're left with the reality of what happened and although you can't change it, you can let go of that hope and get on with the future.
2. Making a decision that you won't seek revenge on the other person. When you forgive, you make a conscious decision not to seek justice by yourself. Rather, living your life the best you can will be the best revenge.
3. Move beyond the bitterness. That happens when you actively choose to replace the vindictive and negative thoughts with positive ones. How can you change your life for the better and open yourself up to new relationships? When you figure it out, forgiveness is possible.
4. Mentally end resentment and anger and need for revenge. Your thoughts control your actions and to some degree, your body. Only positive thoughts and a decision to end the negative can get you out of the prison of thoughts of revenge.

Vengeful thoughts come from vindictive emotions and those emotions can be toxic to your system. It's human nature to feel vindictive toward those who have wronged us, but we're also civilized human beings and that means we have it within our power to forgive without taking the action(s) that our vengeful side dictates.

Only you control your actions and are responsible for the choices (good or bad) that you make. Choosing not to submit to the emotions that would cause us to harm another person can build strength of character and set you free from the thoughts that create barriers in your life.

Even if the transgression against you was something you can never condone or forgive, you can reduce the power that the other person has over your feelings and actions by forgiving and letting go of the destructive emotions and the hurt of past transgressions.

Forgiveness is a tried and true way for victims to reclaim their power and gain power over the person who wronged you. If you don't choose to forgive, the transgressor retains the power over you – and it's multiplied because of the action that was committed against you.