

# Forgiveness is... Forgiveness is not

<b>Forgiveness is:</b>	<b>Forgiveness is not:</b>
You forgive the other person for your own benefit.	When you do not forgive, it is to your own harm.
Focus on the future	Focus on the past
Concern for integrity, boundaries and justice	Condoning means that moral wrong and injustice do not matter
Loving concern for yourself and everyone else	Pardoning means that the offender gets indulgences from the appropriate consequences of his choices
The reason to forgive is that it makes life easier	A poorer risk, weaker, judgmental, not for humans
Forgiveness is needed for unacceptable behavior	The other person isn't up nights or burning angrily
Knowing "why" is not important or helpful	Intentions seem like they matter
Liberating	Imprisoning
To forgive is to manifest the control we have in our lives	To not is to demonstrate the control someone else has over us
I know it hurts when others don't forgive me	I want the other to hurt