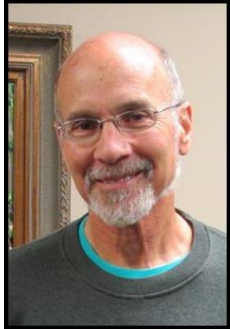


Counselor's Corner, May 2015



On Forgiveness, by Stuart Jaffe, LCSW

I recently read a great book co-authored by the father-daughter team of Desmond and Mpho Tutu. *The Book of Forgiving* describes forgiving as a process for which we have to prepare and through which we have to move, in order to emotionally reach a new place.

So many of us have long suffered from experiences of our pasts that leave us deeply hurt and in pain, even months and years later. Often we spend much emotional energy focused in that direction. Achieving forgiveness allows us to let go of all of that negativity, opening us up to the positive feelings and people in our lives.

Forgiveness requires:

- Hard personal work, perhaps with the help of supportive friends, family, or professionals.
- An honest look at the source of pain experienced.
- The right timing for you to face the past.
- Adequate self-love and self-worth to believe you are worthy of forgiving yourself for your own mistakes.
- The ability to address a harmful presence from your past directly, or indirectly, as appropriate and able.
- A willingness to let go of the pain and hurt, and to imagine a life of better feeling in the present.

My wish for anyone reading this column is for strength to put the tools above together to achieve forgiveness for the betterment of us all.

Peace, Stu