

FUNDSHEET WHY CAN'T WE FORGIVE?



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IVM PODCASTS

WHY CAN'T WE FORGIVE?

Let's explore some haunting questions & ways to go around them. When we feel wronged in any way and the **war of resentment vs forgiveness begins**, we struggle with questions like:

- How could they do it?
- How could they do this to me?
- How did I not see this coming?
- How do I make sure that no one and I mean no one ever makes me feel this way again?



Nelson Mandela, a man who is considered forgiveness personified once said, '

'Resentment is like drinking poison and then hoping it will kill your enemies.'

We don't want to **forgive as we do not wish to feel** the_____ way again.

But before we understand what forgiveness is let's take a moment and look at what **forgiveness does NOT mean** that you :

- _____ that person instantly or for that matter ever again
- Agree or support their _____ behaviour or will tolerate any such behaviour in the future.
- Have to be in _____ with that person.
- Grant it only if the person is_____ for your mercy.
- Will _____to the old equation or chemistry at all.

Let's explore the 4 burning questions that stop us from even considering forgiveness.

1. How could they do it?

To **forgive** is to understand the origin of _____.

You may think that someone's mean behaviour is unnecessary **but every flaw has a history**. Have you ever noticed that your flawed behaviour comes from deep rooted insecurity? Yes/ No

Forgiveness is about **justifying other's flawed** behaviour:
True or False

2. How could they do this to me?

Water **doesn't leave it's basic nature** because it is kept in a different bowl. True or False

If being sarcastic, impatient or critical is in someone's nature, there is **nothing personal about it**. He or she is not doing it to you but that is how they do things.

3. How did I not see this coming?

Are you being **self critical about things** in the area of forgiveness?
Yes or no

If yes, then pen down what all thoughts come to your mind? **What is your self critical dialogue?**

4 How do I make sure that no one and I mean no one ever makes me feel this way again?

You cannot. True or False.

The most crucial part in forgiveness is the **willingness to forgive**. Are you **willing to forgive**? Yes or no

If yes, then write down 3 ways in which you can do it.

Forgiveness is **not a weakness**. It is an ultimate sign of **courage and strength**. (You may or may not agree with this - please pen down your thoughts to have personal clarity.)

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