Complementary blog post: How Does Forgiveness Affect Your Health?

Subject: How Forgiveness Helps You

{firstname}

Are you constantly angry, sad and bitter because you’ve been done wrong?

When somebody hurts us, it’s natural to feel anger and resentment towards them. How long this lasts, depends upon how badly they let you down and your ability to hold on to a grudge.

However, did you know the longer you hold on to a grudge, the worse it affects you? Forgiveness offers you the chance to not forget the betrayal, but allow yourself to move on and release all the negative emotions that are currently bottled up.

Helping you develop healthier relationships

One of the main things that’s often affected by betrayal, is your ability to develop healthy, happy relationships. If you were cheated on, you may find it hard to trust another person and so you’ll either avoid getting into another relationship, or you’ll experience a whole range of trust issues if you do.

Research shows that forgiving a spouse after infidelity, can actually make the relationship stronger. Even if you refuse to take them back, forgiving a partner who has done you wrong will enable you to move on and allow yourself to trust another partner.

The same applies to friendships. If a friend let you down, you may find it more difficult to make new friendships, or open up in the ones you do have.

Reducing depression and boosting self confidence

Forgiveness can also help to reduce depression and boost self-confidence. Being able to forgive somebody who hurt you can leave you feeling proud, in control and happier than you’ve ever been.

Often, we don’t realize just how much the grudge we are holding onto is actually affecting our health. We assume we’re only hurting the one who wronged us, when in fact we’re the ones who end up more hurt by the situation.

If you want to find out more about the effects forgiveness can have on your health, click through to the blog on our website below.

LINK

To sum up, forgiveness is by no means easy. However, it is necessary if you want to avoid letting the pain, anger and resentment negatively affect your health and wellbeing. It’s impossible to live a happy and healthy life if you’re holding on to a lot of negative emotions.

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