Complementary blog post: Benefits of Forgiveness for your Health

Subject: Who Benefits from Forgiveness?

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Do you struggle to forgive those who hurt you? If so, you’re definitely not alone.

Depending upon how deep the betrayal, it can be extremely difficult to let the hurt, pain and deception go. However, holding onto it could actually be harming you more than the person who caused it.

Here, we’ll look at who really benefits from forgiveness – you or the other person?

Resentment and anger can limit your quality and quantity of life

It’s common to believe you’re only hurting the person who caused you harm when you refuse to forgive. However, it could be harming you much more than you realize.

One of the most surprising consequences revealed in numerous studies, is that holding onto a grudge could shorten your lifespan. Even if it were to have no affect on how long you live, it still has a significant impact on the quality of life.

When you’re living with built-up anger and pain, until it is released you’re going to experience increased stress levels and you’re basically wasting your life away.

How forgiveness helps you

Forgiveness is literally a release from all the pain and bitterness you feel. It gives you a huge sense of freedom and allows you to once again start living in and enjoying the moment.

It brings many health benefits and allows you to focus on your dreams. When you’re bogged down with resentment, you aren’t living your best life. You’re not allowing yourself to move on and do the things you want to do.

Forgiveness doesn’t mean you forget what the person did. However, it does mean you refuse to let it define you or negatively affect your life anymore.

When you don’t forgive, you are sadly hurting yourself more. Why should you live with the constant pain and anger when you’re the victim?

Not convinced forgiveness is the way to go? Check out the positive health benefits forgiveness can deliver in this great blog on our website…

LINK

Overall, forgiveness is one of the hardest things to do, but it is also vital for your own peace of mind. Sometimes, we need to forgive ourselves more than the other person in order to truly move on. Remember, you did the best that you could do in the situation and whatever betrayal you faced wasn’t your fault. Be kind on yourself and start living the life you were meant to – learn to forgive today.

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