

Reasons People Give for Not Forgiving

1. The person doesn't deserve forgiveness.

Someone can never earn forgiveness. Making up for having hurt you isn't really possible. Forgiveness is a gift you can give someone and yourself.

2. I can't pretend it didn't happen.

You don't have to pretend, because it did happen. Forgiveness does not mean condoning what has been done. Forgiveness means taking what has happened seriously and not minimizing it.

3. I don't want to reconcile with the person who hurt me.

You don't have to. You can forgive someone and learn that you need more distance in the relationship, or you can even end the relationship.

4. Forgiveness is a sign of weakness.

Actually, forgiveness shows tremendous emotional strength and strength of character.

5. Forgiveness sounds fine, but revenge sounds better.

In the end, revenge is rarely as sweet as you think it's going to be. Taking the moral high ground is ultimately more satisfying.