



# SPECIAL REPORT

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# 10 TIPS

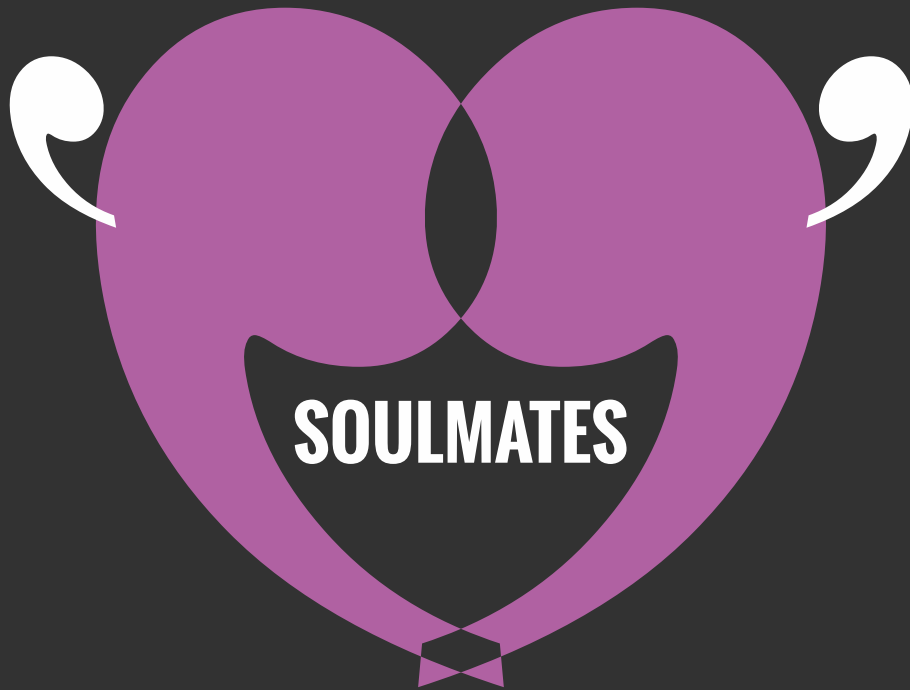
# FORGIVING THE UNFORGIVABLE

## 10 Tips for Forgiving a Cheating Spouse



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by **SUZIE JOHNSON, CPC**



**SOULMATES ARE NOT MADE IN HEAVEN.  
THEY ARE CREATED RIGHT HERE ON EARTH.**

# Forgiving the Unforgivable

## Special Report

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# ABOUT THIS SPECIAL REPORT

Dallas, Texas

## 10 TIPS FOR FORGIVING A CHEATING SPOUSE

**W**elcome to my special report on Forgiving the Unforgivable: 10 Tips for Forgiving a Cheating Spouse. This report is intended to help: (1) anyone who's trying to decide whether or not to forgive a cheating spouse; or (2) for anyone whose attempts to forgive and move on have failed.

**And if that describes you, don't despair.**

Because even if from where you sit today the thought of forgiveness seems impossible... and even if you're not ready to forgive right now... fear not, because one day, you will be ready. It's the goal of this report to provide you with 10 of the best tips to help make that day... *today*.

### BECAUSE HERE'S THE THING...

Having your relationship or marriage rocked by infidelity is like having your home destroyed by a hurricane or a tornado. It's a type of experience nothing could have prepared you for. Its effects are more devastating than other people can ever imagine. You did nothing to deserve this experience (no more than the people in

New Orleans did anything to deserve being hit by Hurricane Katrina). And yet, you cannot change what happened. But now you've got to find a way to move forward. You're left to pick up the pieces and try to recapture what you've lost in the process.

**And so, right now, for you, the most pressing question becomes...**

How do you recapture that sense of hope and get back to that place of love and security that you had before all this happened? The answer: TRUE FORGIVENESS.

### HERE'S MY DEFINITION OF TRUE FORGIVENESS

It is the remedy and the technology that allows the past to be truly over in our minds. Notice. True forgiveness means allowing the past to be over... in your mind.

**That last sentence is important.**

Because in reality... the past is over. However, we human beings do have the capacity to recreate the past in our minds and act as if it's still ongoing. When we do this with the painful or negative experiences we

we create a physiological state known as suffering.

## WHAT IS SUFFERING?

It's burning emotional energy on things you cannot change.

And what's the one thing you cannot change (no matter how hard you wish to)? You guessed it, the past. Therefore... another word for suffering is *unforgiveness* - which basically means you are not allowing the past to be over.

**Now, here's the beautiful truth.**

There is a way to get past this... there is a way to put it permanently behind you... there is a way for you

to allow the past to be over... there is a way to let love, peace, security back into your heart; and yet, that way is different than the way you've been doing it, and it works.

## SO HERE IS MY GOAL FOR YOU:

By the time you've read this report all the way through all the way to the end and integrated the tips, insights and tools I've given you, not only will you be able to make the connection between forgiving and resilience... but you'll be able to finally put the past where it belongs (behind you) and be inspired to open your heart to love, once again.

I know it's a tall order, but I have faith you can do it.

So, let's begin that journey now.



Dallas, Texas

# HOW TO GET THE MOST FROM THIS REPORT



## 1. READ THE TIPS WITH AN OPEN MIND.

Keep in mind, some of what I share, you already know... and yet, knowing isn't enough. The goal here is for you to connect with the information at a deep enough level, so it causes you to question your current beliefs, inspires in you a shift in perception, and strengthens your resolve to better understand. Staying open gives you the best chances of doing that.



## 2. DO THE PROCESS QUESTIONS.

At the end of these 10 Tips, I've provided you with 3 process questions similar to the ones I use with my private clients. The goal of these questions is to take you deeper than reading alone. And as far as I'm concerned, it's taking the time to answer these types of questions that will end up being the difference that makes the difference for you.



## 3. FOLLOW THE NEXT STEPS.

I've provided you with a "next steps roadmap" to follow (if it makes sense in your situation). Please note: My next steps are just one of the many options you can take. If my recommendations make sense for you... great. If not, then that's also okay. The key here is to remember that this is a marathon (not a sprint), and to survive, you've got to keep moving forward.

# 10 TIPS FOR FORGIVING A CHEATING SPOUSE

## 10 TIP

### FORGIVING IS A SIGN OF LOVE - NOT WEAKNESS



**C**hances are... if you're like most of my readers, it's not that you don't *want* to forgive - it's more likely that you're *afraid* to forgive.

#### Where does this fear of forgiving come from?

Two key sources: (1) the fear that forgiving them will be seen as a sign of weakness and (2) the fear that if you forgive, it's the same as condoning what they did.

#### Here's the beautiful truth.

As convincing as those fears might be, the good news is that they are also false. (Read that again.) In fact, I will go out on a limb and say... "Fear of forgiving because it might be perceived as a weakness" is one of the most illogical fears the human mind has ever invented. Why? Because the exact opposite is true. Forgiving is NOT easy. Forgiving takes courage, compassion; it takes faith; it takes self-discipline and commitment to a higher set of principles. Now, ask yourself this. Are any of those things I mentioned above, signs of weakness? That's right, they are not.

#### WHAT'S THE REALITY OF IT?


The inability to forgive is the *real* sign of weakness. In fact, Gandhi put it best when he said "*The weak cannot forgive, and that that's what keeps them weak.*"

**So if forgiving is not a sign of weakness, what is it a sign of?**

**Only one thing: True Love.** Because the truth is that only True Love is gracious enough or strong enough to grant us the courage to forgive. Therefore, the *real miracle is not in forgiving, but in loving someone enough to forgive.*

**THE KEY QUESTION:** Don't question your capacity to forgive. Question your capacity to love. The real question is not if the mistake is too big to forgive - but if the love in your heart is too small to overlook it.

The real   
**QUESTION**

is not whether or not  
their mistakes are too  
big to forgive.  
The real question is whether  
or not your love is too small  
to overlook it. 

# 10 TIPS FOR FORGIVING A CHEATING SPOUSE

## TIP 09

### FORGIVENESS ISN'T A MYSTERY, IT'S A DECISION



**M**any of us have been led to believe that forgiveness is a religious or mystical experience that happens in one pre-destined moment (with doves and maybe a burning bush or harps playing in the background). And so, they spend years waiting for a sign, or waiting on God or angels to grant them the power to forgive. And as romantic as all that sounds, it's just not the way forgiveness actually works.

You see, **forgiveness is a decision** and "choosing not to forgive" is also a decision. Either way, you're the one who decides. Not even God or his angels can "make you forgive". For you to forgive (or not to forgive) are both decisions *only you can make*.

#### SOME THINGS TO KEEP IN MIND

- **FORGIVING IS A CHOICE, NOT A FEELING.** You make a conscious decision to do it.
- **FORGIVING IS A PRACTICE, NOT AN EVENT.** It's something you must practice daily.
- **TO FORGIVE MEANS UNMAKING THE PREVIOUS CHOICES** to withhold forgiveness. To do that, you must actively remove any inner resistance or excuses you have for failing to forgive.

#### MY SUGGESTION?

Recognize that the power, the courage and the capacity to forgive are *already* within you. It's not a mystical experience that comes from something or some palace outside of you. Do you realize what this means? Maybe you already do. It means that because you have the capacity forgive, negative experiences hold no real power over you.



# 10 TIPS FOR FORGIVING A CHEATING SPOUSE

## TIP 08

### FORGIVENESS DOESN'T NEED TIME - ONLY WILLINGNESS



**H**ave you ever heard the saying "Time heals all wounds"? I'm sure you have. However, it may surprise you to learn that there is one thing that even time does not have the power to heal. What's that one thing? The unforgiving heart.

Over the years of doing this work, I've come across people who up to 5, 10, even 20 years after a partner's affair... have still not been able to forgive. I've even met a woman whose husband was dead, and she was *still* bitter about what he did.

#### WHAT DOES WILLINGNESS TO FORGIVE MEAN?

- 1. It's readiness to take ownership of the fact that you need to forgive.
- 2. It means being prepared to put aside the things that sabotage forgiveness (things like anger, ego, pride and the urge to punish).
- 3. It means holding yourself accountable for sustaining that forgiveness.

#### THE POINT HERE IS THIS:

While time can heal wounds, it's not the deciding factor in forgiving. So what is the deciding factor? The answer is **willingness**.

#### BUT HERE'S THE KICKER.

There's a difference between "wanting to" and being "willing to" do a thing. For example, it's like the difference between saying you wanting to lose weight and being willing to do what it takes to lose weight (like joining a gym, eating right). So in reality, while people say they "want to forgive," when it comes right down to it, they're not actually "willing to forgive."

#### MY SUGGESTION?

If right now you find that your "want" is strong, but your "willingness" is weak, then chances are, you might have some hidden obstacles to forgiving. It could be your pride, your ego, or your need for revenge blocking the way. If you suspect this could be the case, keep reading because in the Next Steps recommendation at this special report, I will share with you a home study program that could help you find and remove those hidden resistances to forgiving.



# FORGIVENESS

MEANS PUTTING ASIDE ALL THE REASONS  
*NOT TO* FORGIVE



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# 10 TIPS FOR FORGIVING A CHEATING SPOUSE

## TIP 07

### TRYING TO FORGIVE IS A PART OF LEARNING HOW TO FORGIVE



## TRUE FORGIVENESS



**T**he former British Prime Minister Margaret Thatcher once remarked... "*Sometimes you have to fight a battle more than once to win it.*" And when it comes to forgiving something as painful and unfair as infidelity - this is very often the case.

**For example.** Have you ever tried to bury the hatchet only to find yourself digging it back up? Have you ever tried to let it go, only to find that it finds a way to come back again? Have you ever thought you were moving forward, only to have something happen that has you circling back again?

#### IF ANY OF THIS RINGS A BELL, DON'T DESPAIR.

Although, you may not see it yet, the very act of trying to forgive means you have *already* begun your journey to forgiving and healing.

#### THINK OF IT THIS WAY.

Learning how to forgive is like a baby learning to walk. Babies fall and fail hundreds of times before they finally "get it." First, they start by crawling. Then they attempt to pull themselves up (inevitably falling down). Then

after much trial and error, they learn to balance their weight and adjust their center of gravity just right, and suddenly Voila... baby steps! They succeed in moving forward, only to fall again. But they keep getting up and keep going at it, and before you know it, they're running all over the house.

#### IT'S THE SAME WITH FORGIVING.

Every *true* attempt is progress. Every *sincere* effort brings you closer to freedom. Every time you try to let go... you build up the courage to finally let go. Until finally, the day comes (maybe 3 months or 6 months from today). Then you can look back and notice how much of the pain, the hurts, the anger seem to have faded away.

#### MY SUGGESTION?

Whenever you feel despair, frustration or impatient with your progress, keep the words of the Iron Lady in your mind and remind yourself that sometimes you'll have to fight a battle more than once to win it; and winning back your peace of mind is definitely a battle worth fighting.

PEACE OF MIND



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ALWAYS WORTH HAVING

# 10 TIPS FOR FORGIVING A CHEATING SPOUSE

## TIP 06

### THERE ARE NO UNFOR- GIVABLE ACTS - ONLY UNFORGIVING MINDS



**F**or sure, many will try to convince you (or you may believe in it yourself) that infidelity is the *ultimate unforgivable sin*. And yet, I'm here to tell you, my experience has taught me it just isn't true.

#### CONTRARY TO POPULAR BELIEF...

Infidelity, isn't an unforgivable sin only committed by bad people. In fact, the opposite is true. Infidelity (like many other mistakes) is mostly committed by good people who've fallen into the trap of making bad decisions.

#### THE QUESTION THAT BEGS TO BE ASKED...

Who among us hasn't fallen from grace in some situation? Who among us has been perfectly successful in *avoiding* the traps of bad decision-making? Who among us has *never* made an impulsive decision? Who among us has never lied to someone we loved? Answer? Not me. At certain points in my life, I have done all that and more.

And if any of that is also true for you, you must also want to consider, that if you're to condemn your partner's infidelity as being unforgivable, then how many of your own impulsive, dishonest, or shortsighted

moments of immaturity would *you* want written off as unforgivable? Chances are pretty good that you wouldn't want any of them written off as unforgivable.

#### SO WHAT'S THE HIERARCHY HERE?

Who determines what's too big and what's too small? Who makes the rules for what's appropriate and what's inappropriate to forgive? The answer: YOU DO.

#### BOTTOM LINE?

There are no unforgivable acts – only unforgiving minds. And remember, the law of cause and effect is always in effect. What you give is what you receive. So, if as you write off other people's mistakes as unforgivable, you also open the way for your own mistakes to be written off as unforgivable. And if that's not what you would want for yourself, here's my suggestion.

#### MY SUGGESTION?

Rather than judging other people's mistakes as unforgivable, forgive them their mistakes as quickly as you would want your mistakes forgiven for you. This is not an act of sacrifice... this is an act of true Love.

**FORGIVE THEM**  
BUT ONLY AS

**QUICKLY**

AS YOU WANT YOUR  
**OWN MISTAKES**

**FORGIVEN**



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# TIP 05

## ONLY TRUE FORGIVENESS CAN TRULY HEAL YOU



**H**ere's the thing. A lot of what is being passed off as "forgiveness" isn't actually "true forgiveness." In fact, there are more people *faking* forgiveness than almost any other emotion. Why? Well, I think it's mostly because we really know how to tell the difference between true forgiveness and false forgiveness. To help you understand the differences... keep these three things in mind.

### SIGNS YOU HAVEN'T TRULY FORGIVEN YET

**1) True Forgiveness is NOT rationalizing.** Often, when people are asked to "forgive," they think they're being asked to find ways to *rationalize* what happened. But rationalizations and making excuses for other people's mistakes is not what true forgiveness means.

**2) True Forgiveness is not suppressing hurt or pain.** What you suppress, you keep. What you forgive, you let go. So if you find that you bury the hatchet one moment and then dig it up the next... this means you haven't truly forgiven.

Perhaps the most important sign is this...

**3) You still struggle with anger/and or urge to punish.** Here's the thing. Where there is forgiveness,

anger is *not*. And where there is anger, forgiveness is not. So am I saying that anger is a sign of unforgiveness? Yes, that's what I am saying. This is why the presence of anger is the biggest sign that true forgiveness hasn't happened yet.

### HOW CAN YOU TELL WHEN YOU HAVE TRULY FORGIVEN?

In one word: peace. You see, true forgiveness isn't a theory – it's true emotional freedom from the past. And one way you can feel the *presence* of forgiveness is by noticing the *absence* of anger, obsessing and urge to punish, which opens the space for peace.

### MY SUGGESTION?

If you're still struggling with feelings of hostility, hate, anger, or resentment... know that it's only because you have yet to experience the wonderful rewards of true forgiveness. The good news? It only takes an instant for peace to be restored to your heart and mind, and that instant comes the moment you truly forgive.

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It only takes an instant for peace to be restored to your heart and mind, and that instant comes the moment you truly forgive.

# TIP 04

## FORGIVING MEANS GIVING UP THE RIGHT TO PUNISH



**T**he reality is they've hurt you. They've lied to you. They've abused your trust and violated the boundaries of your relationships. And there's no doubt that these selfish actions have caused unimaginable pain and damage to your family and to your hopes and dreams. Now in the wake of all this, you're being asked to forgive. What?! But wouldn't that be the same as allowing them to get away with a wrong doing? Wouldn't that be the same as sending the message that it's okay cheat?

### AND WHEN YOU THINK ABOUT IT LIKE THAT...

It's easy to see why (for so many) forgiving doesn't feel like a good thing or even the right way to handle this situation. That's because deep down, we all have a built-in desire for fairness, for justice, and for wrongs to be righted. So how do you go about dealing with such an unfair situation like this?

Holding others accountable is about helping them learn *how to learn* from their own mistakes.



### TWO WAYS TO APPROACH UNFAIRNESS

**Approach # 1: Seeking to punish** (an eye for an eye) This approach uses pain, fear and punishment to force people to right their wrongs.

**Approach # 2: Seeking Accountability** (forgive + correct) This approach seeks to help others be accountable for making amends and righting their own wrongs – *without* you condemning, shaming or punishing them into doing it.

### PLEASE NOTE:

To take one approach, you must forsake the other. In other words, if you choose to use pain and punishment to get others to right their wrongs, then chances are, you are not really seeking justice; but rather pursuing revenge which leads to retaliation. Unfortunately, this approach often turns the relationship into a war zone.

#### But there is another way.

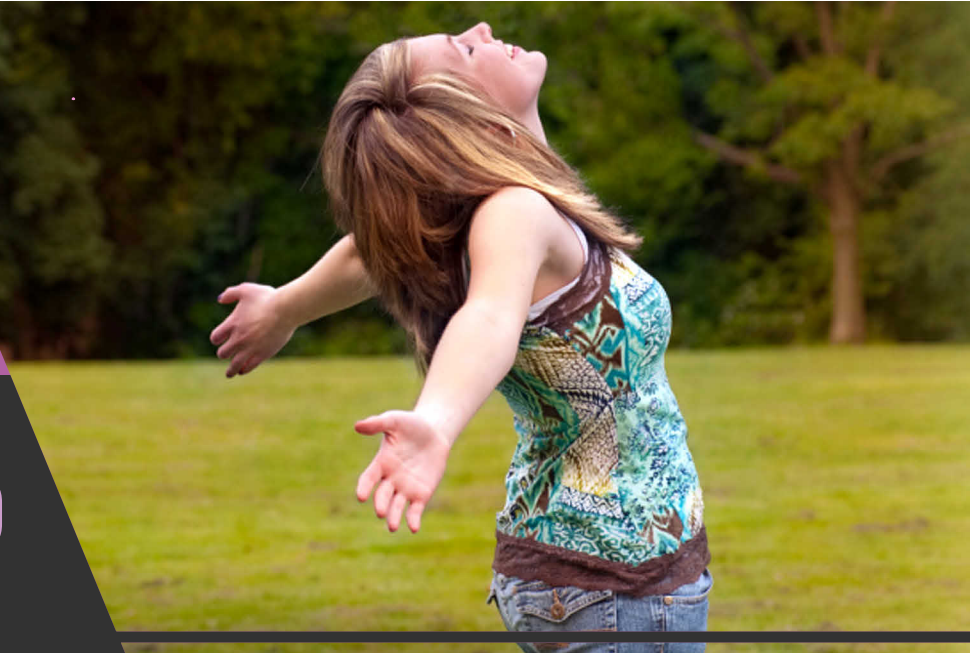
Instead of trying to punish or shame people into becoming "better people" (*which doesn't work*), seek, instead to hold them accountable for righting their own wrongs.

**Notice:** One approach is about *you* (gaining restitutions for your hurt feelings). The other is about *them* (helping to learn *how to learn* from their own mistakes). Here's the thing. One approach leads to compliance and the other leads to lasting change.

# 10 TIPS FOR FORGIVING A CHEATING SPOUSE

## TIP 03

### FORGIVING MEANS LETTING GO OF THE PAST



**W**hen people say they can't forgive, often what they are really saying is they can't let go of the past. The question that comes to my mind is this. What is so meaningful and significant about the past that they can't let go of it? (The answer often shocks the daylight out of me).

So, if I were to ask you: Where is the past right now? And if I were to ask you to point to the past, what direction would you point to? And if I were to ask you to give the past a general location, where would you say it is?

If your answer is like most of my clients, you might say it's behind you or away from you. And yet when you try to pinpoint an exact location, you can't put your finger on it. One of the main reasons it's so hard to locate is because the past is NOT HERE. And if the one thing we can agree on is that the past is not here, then why would anyone fear letting go of something that's not actually here?

#### The answers might surprise you.

You see, we human beings have been given a lot of what I call *mental superpowers*. One of them is a psychological defense mechanism commonly referred to as denial. This mental power gives us the ability to "not see" what we don't want to see and it also gives us the ability to ignore what we are not ready to accept.

Denial gives us the ability to ignore or disregard the aspects of reality we don't like or aren't ready to accept.

And that's how, for example, we can make ourselves believe that it's possible to hold on to something that's not actually there (like the past). Because deep down, we're not ready to accept that it's gone and we are powerless over that fact. And if that's what's working for you, I am okay with that.

However, I feel I must nudge you a little bit and offer a gentle tap on your shoulders to remind you: There's no editing the past. All the yesterdays are over. You cannot bring one single moment back. The past is in a permanent state of completion. Therefore, any wishes, hopes or fantasies of changing the past; any desires, dreams or longings for things to be different or that things didn't happen the way they did is a waste of your time and energy... and a daily lesson in frustration.

Now the question is:

**HOW DO YOU LET GO OF A WISH TO HOLD ON TO THE PAST THAT'S ALREADY GONE?**

My answer:  
**YOU FORGIVE.**

And here's what that forgiveness looks like →

# How to LET GO OF THE PAST



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## 1 ADMIT

that the past is indeed over.  
(honesty)

## 2 ACCEPT

that you cannot change the past.  
(humility)

## 3 ADJUST

to this being a fact *without*  
resentment (resiliency).

## 4 TAKE OWNERSHIP

that although you have no power  
to change the past, you do have  
the power to forgive and change  
the future (freedom).

### BOTTOM LINE?

If or when you find yourself hung up on the past, or your mind gets trapped in the loop of reliving the past hurt and pains over and over, just remind yourself, the past is not here, therefore it's only an illusion. Remind yourself nothing from yesterday is more important what's happening today. In other words... don't make the previous more important than the present.

# 10 TIPS FOR FORGIVING A CHEATING SPOUSE

## TIP 02

### YOUR FORGIVENESS IS A GIFT (NOT A FAVOR)



**M**any of us were raised to treat forgiveness like a favor or pardon granted by those who *don't* make mistakes - to those who *do* make mistakes. But now, I ask you to look closer at that premise and ask yourself this. *When you forgive, are you really doing the other person a favor?* I'm so sure that you are not. The way I see it, there are basically two ways you can look at forgiving.

#### TWO WAYS TO VIEW FORGIVENESS

**1<sup>ST</sup> WAY:** You can look at it like a favor you're doing for the other. And so like other types of favors, your forgiveness has to be earned, it can be bought, and it can be bargained for. It has conditions; it has a price. From this perspective, it's an investment with the expectation of a return. Because when you grant a favor, you expect the other person to acknowledge the sacrifice you've made for them.

**2<sup>ND</sup> WAY:** I believe there's another way of looking at forgiveness: Not as a favor, but rather as a gift. And in my opinion, this is a more accurate way to see it. Because when you think of a gift, what comes to mind? Well, for one, a gift is freely given. It has no price; it cannot be bought or bargained for. A gift comes with no expectations, no strings, and no conditions. A gift is not a reward for good behavior, and it's also not an incentive used to motivate better behavior. A gift is not a loan that requires payback; nor is it an investment from which you expect to gain some returns in the future. A gift is also not a hand out given to some one less fortunate than yourself. Perhaps the most important attribute of a gift is the fact that it brings joy to the one who gives the gift as to the one receiving it.

#### NOW THAT YOU KNOW THE DIFFERENCE BETWEEN THE TWO...

**How do you want forgiveness?** Do you want it to be viewed as a favor, a hand out, a loan, an investment or a sacrifice – where the receiver feels they should be grateful + obligated to you the same time, or do you want it to be seen as a gift – freely given, from the worthy to the worthy?

#### MY SUGGESTION?

**See your forgiveness as a gift because that's the only way that forgiving can truly be a blessing (not a sacrifice) for you, and that's the only type of forgiveness that inspires gratitude in the receiver (and not resentment).**

FORGIVENESS IS A  
FROM ONE WHO IS WORTHY  
TO ONE WHO IS WORTHY  
GIFT

# 10 TIPS FOR FORGIVING A CHEATING SPOUSE

## TIP 01

### FORGIVING THEM MAINLY BENEFITS YOU



**I** know it might feel counterintuitive, and yet it's true. By forgiving them, you are the one that truly benefits. How can forgiveness be for YOU? For the simple reason that "no thought leaves the mind of the thinker." This means the thoughts you hold about others... don't actually affect them. In reality, they only affect you. (Gasp!)

This means you cannot punish anyone in your mind without also punishing yourself. So no matter how seductive those revenge fantasies might be, they are actually draining you of energy. No matter how much twisted satisfaction you get from wishing pain or withholding forgiveness... it's your own goodwill that is being drained.

And it's because no thought leaves the mind of the thinker is why it's often said that unforgiveness is like holding your breath in hopes of suffocating someone else.

#### IS THERE ANY GOOD NEWS IN ALL OF THIS?

Yes, there is. That's because the opposite is also true. The positive thoughts, the mercy, the compassion, the

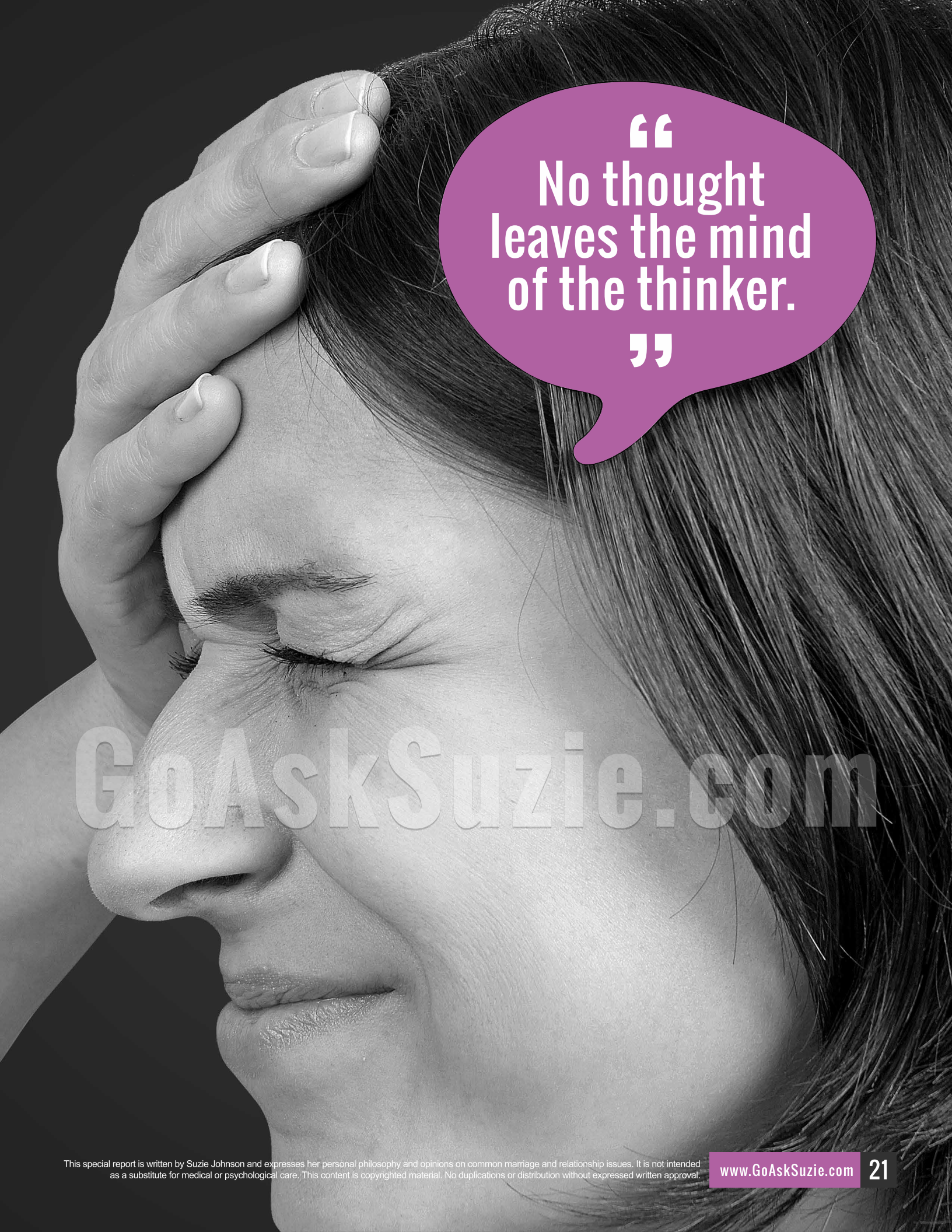
gratitude, the blessings, the well-wishes, and the forgiveness you hold for others... you instantly experience for yourself.

Therefore, forgiving is not something you do for them. It's really something you do for you. It's YOUR closet that gets cleaned out. It's YOUR heart that is released. It's YOUR mental and emotional burdens that are lightened. It's YOUR mood that is brightened. It's YOUR spirit that is renewed. It's YOUR hope that is restored. It's YOUR happiness that comes back.

**Isn't all that worth having?** I believe it is.

#### MY SUGGESTION?

I want you to test this idea for the next seven days: instead of thinking thoughts of condemnation, bitterness, anger and judgment (which make up the unforgiving thought system), try the opposite approach. Think forgiving thoughts for a week. Remember, this is just a test. I'm not saying you have to forgive your partner. All I'm saying is, think forgiving thoughts for a week. And after a week, I want you to notice who "wins".



“  
No thought  
leaves the mind  
of the thinker.  
”

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# FINAL THOUGHTS



**N**ow, you've come to that moment where you must decide. How much of what you've learnt will you take with you, and how much will you leave behind? And I have faith that you'll take with you exactly what you need to make that shift from fear to love and from punishing to forgiving.

## BECAUSE HERE'S PART OF WHAT I KNOW FOR SURE...

Your success in forgiving will come down to the degree of importance you attach to being happy again. Because at the end of the day... that's what true forgiveness is really about - the return to happiness. If you want to be happy, you forgive. If you don't want to be happy, then withhold forgiveness (and punish yourself and others by doing so).

## AND IF THAT'S NOT WHAT YOU WANT...

You'll want to continue strengthening your motivation to forgive. Here are my top 3 suggestions to help you continue to do that.

## MY TOP 3 SUGGESTIONS FOR YOU

- 1) Print the **10 tips on forgiving a cheating spouse infographic** (see next page), and then use it as a visual guide to help you stay the course.
- 2) Enroll in my **True Forgiveness home study course** as a positive next step. In that program, I'll help you uncover the hidden obstacles that might have blocked you from truly forgiving before now.
- 3) Finally, be sure to take the time to answer the **process questions** (see last page). This will help you go deeper into your own psyche to uncover and remove hidden obstacles to forgiving.

Do this and I have faith that they will help to accelerate your own healing and restore your heart to a place of love, trust and compassion.

Until we speak again.  
Remember... Love Wins!

10  
TIPS

# ON FORGIVING A CHEATING SPOUSE

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**1** FORGIVING IS A SIGN OF LOVE, NOT WEAKNESS.

**3** FORGIVENESS DOESN'T NEED TIME - ONLY WILLINGNESS.

**4** TRYING TO FORGIVE IS PART OF LEARNING HOW TO FORGIVE.

**2** FORGIVENESS ISN'T A MYSTERY, IT'S A DECISION.

**5** THERE ARE NO UNFORGIVABLE ACTS - ONLY UNFORGIVING MINDS.

**6** ONLY TRUE FORGIVENESS CAN TRULY HEAL YOU.



**7**  
FORGIVING  
MEANS  
GIVING UP  
THE RIGHT  
TO PUNISH.

**8** FORGIVING MEANS LETTING GO OF THE PAST.

**9** YOUR FORGIVENESS IS A GIFT (NOT A FAVOR).



**10**  
FORGIVING THEM  
MAINLY BENEFITS YOU.



# NEXT STEPS



Register for my  
**TRUE FORGIVENESS  
AFTER INFIDELITY  
HOME STUDY COURSE**

- ✓ Heal the anger
- ✓ Release the pain
- ✓ Forgive & let go
- ✓ Return to love

**LEARN HOW TO  
RESTORE PEACE  
TO YOUR MIND**

**CLICK TO GET ACCESS**

# PROCESS QUESTIONS

## FORGIVING THE UNFORGIVABLE

Anne Frank became famous for keeping a diary during the Holocaust. What many people don't realize is that writing is a powerful way of processing pain. So, although Anne didn't have a therapist, she did have a way to process what she was going through. I suggest you do the same. Start with these 3 process questions and don't stop here. Keep your own journal. You'll find it can help you tremendously. And should you decide to work privately with me... then bring along these notes, because I have found working directly with you using the reflections you've written down is a more effective way to go.

QUESTION #  
**01**

There are many sides to every story. There's your side, your partner's side, and the side of the other people involved. It's only the absence of empathy that creates conflict (not the absence of truth). In this exercise, try retelling the story... but from your partner's side (write down what happened as if you were him or her).

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QUESTION #  
**02**

In one of his most famous lines, Shakespeare's Hamlet says, "I must be cruel, only to be kind." Many people who've been hurt use this as permission to be cruel. Describe here some things you've said or done recently where you feel you, too, had to be cruel to be kind.

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QUESTION #  
**03**

One of Robert Frost's most famous poems is about a man who takes the road less traveled. And there's no doubt that forgiveness is the road less travelled. However, chances are, this isn't the first time you took the less-travelled path. Describe a time before now, when you've gone against conventional wisdom and won.

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THERE'S A BIG DIFFERENCE  
BETWEEN BEING A BAD PERSON  
AND BEING A PERSON WHO  
HAS MADE A BAD JUDGMENT.

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