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Forgive For Less Marital Anger

By Dr Tony Fiore

Stacy's partner of twelve years does not come home one evening and she knew he was with a

former lover. He begged for another chance with Stacy, but her pride and anger held her back. Stacy said she would feel like a fool if she forgave him, even though she still loved him. Stacy didn't end the relationship, but reminds him daily of what he did to her.

Should Stacy forgive her otherwise good husband for what he did? Of course, only Stacy can make this decision.

Fact is, most marriages cannot survive knowledge of an affair, but some do and can even grow stronger in the long run.

Stacy and others who struggle with forgiveness for all kinds of marital offenses (not only affairs) can be helped in their decision by considering the following misconceptions about forgiveness:

MISCONCEPTION #1 Forgiving means that you forget about the offense. Nothing could be further from the truth. Even though you forgive, you may never forget (and probably shouldn't) what happened to you.

However, you can tell that you have truly forgiven an offense when you can remember it without experiencing the emotional pain connected with it.

MISCONCEPTION #2 Forgiving means that you are saying what they did was okay. Quite the opposite. We can still forgive, but see what happened to us as unjust, unfair, or unacceptable.

There are many things that our partners can do to us that we don't deserve or that violate the contract, covenant, or agreement you have with each other.

Yet, we can forgive by realizing that perhaps they were misguided, or flawed and thus worthy of another chance.

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MISCONCEPTION #3 In order to forgive, you need to tell your partner that you forgive them.

Actually, it often backfires if you go up to someone and say "I forgive you," especially if they see themselves as a victim instead of seeing themselves as someone who warrants forgiveness.

Fact is, forgiveness occurs in your heart— not in the telling someone that you forgive them.

There are exceptions to this, however, and circumstances under which you might want to discuss your forgiveness of them—but only if you think that it will not cause further harm.

For instance, Ruth's husband asked for her forgiveness following a gambling spree which put the family in financial peril. After one year of rehabilitation and a "clean" record, Ruth told him that she now forgave him.

MISCONCEPTION #4 If you forgive, it means you will trust them again immediately.

Forgiveness and trust are two separate issues. Even after forgiveness, it may take a long time to re-build trust.

To instantly trust your partner again after being violated is not a sign of good mental health or strong self-esteem.

Doing this may also send a message to your partner that they may continue to violate your trust with little fear of actually having to suffer the consequences. Marital trust must be re-earned after an offense, based on good behavior— not just smooth words or empty promises.

MISCONCEPTION #5 After forgiving, you will automatically feel positive feelings again for your partner.

The opposite of anger is not love. Absence of angry feelings doesn't necessarily create warm, positive feelings— sometimes it simply creates neutral ones.

In many cases, of course, it is impossible to ever rekindle the love feelings— even after forgiveness. This is common with ex-partners who learn to let go of the anger connected with the divorce issues, but never love each other again.

MISCONCEPTION #6 Forgiveness occurs all at once.

Not necessarily. Maybe you can start by forgiving maybe 10%—just open the door—and then see how your partner behaves.

After a period of time, you might open the door a little wider and let go of a little more anger until you are truly able to forgive 100%

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Forgive And Make Room For New Experiences

By Judi Singleton

Forgive And Make Room For New Experiences by Judi Singleton

The process of forgiveness sets us free. It makes room in our lives for new experiences. When we harbor resentments they take up a lot of time and space in our minds that could be filled with other things that we would enjoy more I am sure like love, compassion, and joy.

Think on the other hand if we seldom took offense how freeing that would be. It would allow us more time and space and eliminate if not entirely from our lives the need to forgive. To detach lovingly from another person when they offend you is a powerful tool. You can realize that you have the power to react or not. Not only will it give you a great deal of time and energy not to have to forgive but it will give you power by making the choice not to be offended in the first place.

There are four steps to forgiveness:

1. You nurture self-justified anger blaming the other person for hurting you. You forget at this point you had a choice how to react. We want to make the person who made us feel bad undo this thing in the past that hurt us. Now that is not realistic as no one can go back and change the past we must deal with the person in the here and now. As long as we are unwilling to forgive we give the person we won't forgive rent-free space in our minds, emotional shackles on our hearts, and the right to torment us in the small hours of the night.

2. Stage two is when you see you are hurting yourself with your anger and it no longer feels good. Perhaps you are feeling emotionally unwell or physically from the anger itself. You at this point see the other person's point of view or you decide the anger is just not worth it so you forgive. You can forgive others or yourself in this way.

Understand that forgiving does not mean giving permission for the behavior to be repeated.

3. The third stage of forgiveness is when you have had some practice with forgiveness and see the benefits to you by forgiving others.

You choose to only stay angry a short amount of time. You realize that it is pretty much up to you how long you stay angry.

4. You realize life is just too short to stay angry at anyone.

You realize that you and everyone else is doing the best they can.

Most people operate out of self-interest including myself. It is my choice how long I stay angry so I choose to let it go.

There are people in our life we love and are committed to and are almost always at four with them

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ready to forgive and get on with life. While there are those that we hang onto the real or imagined hurts for years.

This hanging on cheats us out of a lot of time and peace in life so let go and let your Higher Power take away the hurt. Now you are free to move on with your life without that burden of bitterness. Do not look back in anger.

About the Author Judi Singleton is the publisher of Jassmine's Journal you can subscribe to her ezine at <http://www.motherearthpublishing.com>



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