

Pondering Point

Conflict resolution. Many of us practice different methods that help us get through disagreements in hopes of finding resolutions. What happens when the dust has settled and we are expected to move on and put the conflict behind us? The first step is ensuring the conflict is, in fact, resolved. We can forgive and start the healing process only after we identify our feelings. While conflict is a two-way street, forgiveness is a road we travel by ourselves. It is the gift we give ourselves that lightens the burden we carry by being upset. **It is the action we take toward finding peace within ourselves.** The time we need to take for healing is up to us. The more thoughtful we are about this, the more likely we will not carry that baggage into future relationships with others.

Are there issues/conflicts that may seem too big to forgive? Forgiveness is difficult and takes time. It is an exercise in compassion, empathy, respect and courage. If we can forgive, should we **forget**? When we choose to remember, we pay homage to our pain and learn from the experience. Learning permits us to grow as individuals. While forgetting may not be an option, forgiveness allows us to move on. As time passes we can hope that the details will fade on their own taking the pain with it.

Are you able to FORGIVE and move on?

Does it make sense to FORGET?



Imagine... the freedom to create a new beginning and a new future by forgiving and moving on.

— From Pondering to Practice —

Activity

Many times the reason we cannot move on is because the conflict may not be over.

Try This → Closing the Book on Conflict

- Find the courage to confront the person/people involved to reopen the conflict in an effort to find a resolution you can live with.
 - Are the relationships involved worth saving?
 - What skills are needed to forgive and move on?
- If this is not an option, try playing out the rest of the conflict with a third party person you are comfortable with.
 - Did hearing your thoughts out loud help to relieve any pain?
 - Were you able to find resolution?
- If this is a relationship you want to continue, celebrate that your relationship is intact!

Celebrate that you stood up for yourself and took the steps you needed toward letting go!

Self Reflection Activity

A healthy way to process through forgiveness is to get your thoughts and feelings outside of the body.

Try This → Up, Out and AWAY!

- Are there people that you want to forgive, conflicts you want to forget and situations you want to move beyond?
 - What keeps you from moving on from these?
- What can you do to get those feelings out in a healthy way?
 - Journaling? Music? Poetry?

Celebrate that you have taken care of yourself and demonstrated self-preservation!

“Forgiveness is an act of the imagination. It dares you to imagine a better future, one that is based on the blessed possibility that your hurt will not be the final word on the matter. It challenges you to give up your destructive thoughts about the situation and to believe in the possibility of a better future. It builds confidence that you can survive the pain and grow from it.”

- Larry James, President of CelebrateLove.com.