

# Forgiveness: BREATHE

Forgiveness is a gift you give to yourself to improve your emotional, physical, social and spiritual health. To help embrace forgiveness, just BREATHE.

Follow the steps outlined below to achieve more happiness.

**B**elieve  
**R**emove Obstacles  
**E**mbrace  
**A**ddress faulty thinking  
**T**ell your new story  
**H**ighlight positives  
**E**njoy your new life

**B:** Believe in yourself and the power of forgiveness

**R:** Remove Obstacles preventing you from forgiving (such as waiting for the person to be remorseful or thinking what happened was too awful to forgive)

**E:** Embrace the present (you can't change the past but you can have a new today and tomorrow); your power to forgive; your change of heart

**A:** Address faulty thinking: Identify current thoughts by writing out your story, change any distorted or unhelpful thinking

**T:** Tell your new story: Rewrite your story with new perspective

**H:** Highlight positives by considering what you have gained such as relationships, knowledge, experiences, gratitude, empowerment

**E:** Enjoy your new life: Feel proud of your progress to forgive and enjoy the benefits forgiveness brings

