

## FORGIVING AND FORGETTING

Along with forgiveness, there is benefit in forgetting an offence.

This does not mean that repeat offences should be ignored. If an offender does not change, then we change our expectations of them.

Forgiving without forgetting does not allow you to reach your full potential of growth or moving forward.

Do forgive and forget, and if future offences occur, use them as reminders of how you dealt with them positively in the past.



“To err is human;  
to forgive, divine”.

Alexander Pope 1711. Poet.

The Twelve Pillars of Usher Group consist of 12 intentions, spread out over a period of 12 months.

JANUARY	<b>Gratitude and Reflection</b> Reflect on the year past and express gratitude and reflection for the future year ahead.
FEBRUARY	<b>Love</b> Valentine's Day 14th February
MARCH	<b>Happiness</b> International Day of Happiness 20th March International Womens Day 8th March
APRIL	<b>Truth</b> International Day for the Right to the Truth 24th March
MAY	<b>Creativity</b> World Creativity and Innovation Day 21st April Mother Day 2nd Sunday of May
JUNE	<b>Awareness</b> World Environment Day 5th June World Ocean Day 8th June Global Day of Parents 1st June International Children's Day 1st June
JULY	<b>Forgiveness</b> National Day of Forgiveness 7th July
AUGUST	<b>Accountability</b> International Day of Worlds Indigenous People 9th August World Humanitarian Day 19th August
SEPTEMBER	<b>Generosity</b> International Day of Charity 5th September
OCTOBER	<b>Kindness</b> World Kindness Day 13th November
NOVEMBER	<b>Compassion</b> World Compassion Day 28th November
DECEMBER	<b>Family</b> Holiday Season is a time of Family

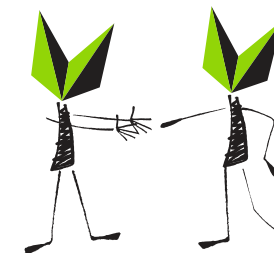


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## FORGIVENESS



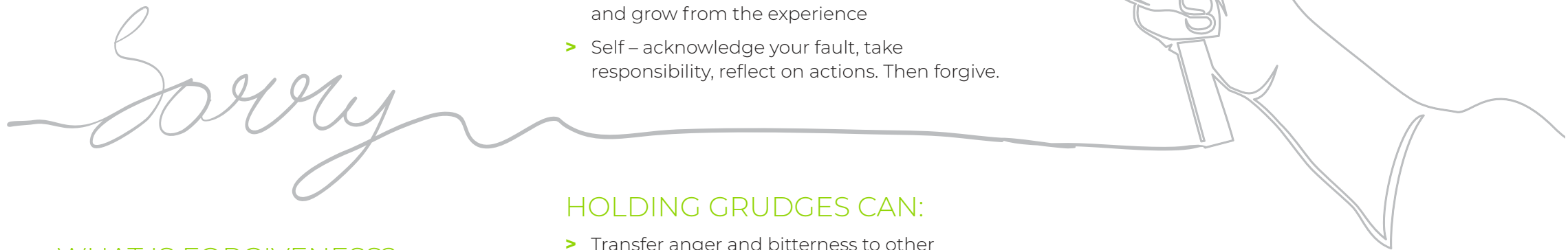
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# FORGIVENESS

Have you ever been hurt by the actions or words of another or even yourself?

You may be harbouring feelings of anger, bitterness and perhaps vengeance.

Have you forgiven them (or yourself)?  
If not, then you may pay a higher price.



## HOW TO FORGIVE:

- > Expose and explore your anger
- > Remember the times when others forgave you
- > Make the decision to forgive – ignoring the offence does not work
- > Practise empathy towards the offender – try to understand why they did it
- > Release and reflect on harmful emotions, and grow from the experience
- > Self – acknowledge your fault, take responsibility, reflect on actions. Then forgive.

## WHAT IS FORGIVENESS?

- > No longer feeling resentment or anger against an offender
- > No longer seeking revenge
- > Seeking peace after an injustice or wrongdoing

## FORGIVENESS IS NOT:

- > The same as Reconciliation
- > Accepting of unjust/immoral behaviours
- > Letting offender off the hook
- > A cause to be a “victim”

## HOLDING GRUDGES CAN:

- > Transfer anger and bitterness to other relationships
- > Remove enjoyment of the present
- > Induce depression or anxiety
- > Challenge your values, principles or moral code

## BENEFITS OF FORGIVING:

- > Improve mental and physical health
- > Decrease incidence of hostility and stress
- > Lower blood pressure
- > Engage in healthier relationships
- > Improves self-esteem

Forgiveness is not an event, it's a process that takes time and effort.

It is necessary to move forward in life, even if you don't reconcile with that person. It does not mean the offender is off the hook; everyone needs to be accountable for their actions.