JOURNAL PROMPT: Forgiveness

Describe one moment in your life you haven’t healed from that you’re holding on to (break up, unhealthy relationship, failed grade, etc.). List everyone who has helped your healing process (yourself, family, friends, etc.). How did you grow from this experience? How can you find gratitude from this experience? Detach yourself from this thought and forgive yourself of the negative feelings you’ve had. What potential lies in your future? When you think of that experience what perspective do you have now?