



It's so tempting to want revenge, or payback, or justice, when someone has done you wrong. In those moments of anger, it's hard to remember what it's like to be on the other side. But deciding that someone who has wronged you doesn't have to pay doesn't mean that there are no consequences for our actions. It's a choice you make for yourself – having the courage to let go and forgive is powerful, and it frees you – the forgiver – from the anger and resentment.

F O R G I V E N E S S :

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