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**Steps that might help you to forgive someone**

* Put yourself in the other person’s shoes. Try to understand from their point of view why they hurt you. Maybe they’re going through something you don’t know about. Was it a misunderstanding?
* Try to visualise the situation or event objectively, taking your emotions out of the picture for a second. What happened? Can you see both sides?
* Think back to times when *you’ve* made a mistake, or made someone feel bad, and they forgave you. We’re all human.
* When you’re ready, share with others the fact that you’ve forgiven someone – write a letter, tell a friend, tell the person. Once you’ve said it, you’re committed to sticking to it.

**If you decide you *are* ready, but you’re having trouble working through the steps, you can also try these suggestions**

* Talk about the situation with people you trust. An outsider’s perspective can help shed new light on things.
* Write down your thoughts and emotions. They can become clearer once they’re on paper.
* Speak to a professional. If your experience is particularly hard or complicated, it can be useful to talk to an expert, such as a counsellor.