

## Better, Not Bitter

### We don't have to accept our grievances

Think about a time you were harmed. It could be something minor or something serious. Then take a few moments to identify some positive consequences that you were not expecting. Perhaps you became aware of personal strengths that you did not realize you had. Perhaps a relationship became better or stronger as a result, or perhaps you grew or became a stronger or wiser person. Here are some common benefits for you to consider:

#### 1. What happened when you learned the importance of forgiving?

- Other relationships in my life grew stronger.
- I learned about qualities to look for in friends.
- I learned to stand up for myself.

#### 2. In what ways has your life improved?

- I became wiser (that is, slower to trust in relationships, less naïve).
- I became more aware of other people's feelings.
- I became less worried about pleasing others.
- I learned how to deal constructively with my anger and how to keep a cool head.

#### 3. How have you become a better person?

- I discovered strength I didn't know I had.
- I became kinder and less selfish.
- I learned more about how to be a good teammate.
- I learned how to be grateful for what I have.

