

# RESILIENCY

## Resiliency In The Moment: The Gift of Forgiveness



“Forgiveness is a gift you give yourself.”

- Suzanne Somers

## Have you accumulated resentment? Let go through forgiveness.

1. Recognize the humanity of the person who betrayed you and that they have flaws.
2. Consider where the person who betrayed your trust has room to grow.
3. Genuinely wish the person well, even if it's only in your mind.

Forgiveness is a moral response to a relational injustice. Many times it is about extending compassion even if the person doesn't "deserve" it. The decision to forgive is only the first step.

The process of forgiveness takes time.

Don't force or feel obligated to forgive unless you wish to do so.

Visit [thrivebybjc.org](http://thrivebybjc.org) for your employee well-being resources at BJC

**Need more help?** Employee assistance is available at [bjceap.com](http://bjceap.com) or (314) 747-7490