

# RESILIENCY

## Resiliency In The Moment: Letting Go of Anger Through Compassion



“When you forgive, you in no way change the past - but you sure do change the future.”

- Bernard Meltzer

### Practice this exercise when you feel angry or hurt by someone:

1. Find a quiet place to sit. Relax for two minutes, breathing in and out naturally. During each exhale, focus on the word “one.”
2. Think about the time when someone hurt or offended you.
3. For 2 minutes, think of the offender as a human being who behaved badly. Genuinely wish that this person experiences something positive or healing. Focus your thoughts and feelings on giving a gift of mercy or compassion.

Letting go of anger through compassion helps us replace the negative emotions associated with a hurtful event with feelings of compassion and forgiveness.

It allows us to develop genuine empathy and concern for an offender, while still acknowledging the hurtfulness of the offense and the offender’s need for growth or healing.

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