**Forgiveness**



When people talk of forgiveness, it is often understood to be an outward step toward making amends with another individual. It is more complicated than that, however. When forgiveness is exercised, it can be an internal or external procedure.

Internally, one can forgive self or others. It is the act of letting go of hurtful events or situations in order to move forward. Once a commitment is made to forgive, an individual is more ready to accept his- or herself wholly.

Externally, one forgives others by direct contact or statements of forgiveness. This type of forgiveness also acts as an agent to moving on. More often than not, such forgiveness allows not only the one forgiving the opportunity to move forward, but the person being forgiven as well.

Forgiveness and forgetting are not one and the same. Even though one may well forgive a person for some particular action, it is not always possible to forget. However, there is more growth possible when the forgiveness offers an opportunity to grow from the transgression. True growth is possible when the incident can be turned to a learning experience.

Therefore, it is a good practice to utilize both internal and external forgiveness. This will help relieve the burden from the one forgiven as well as the one forgiving. It is also a productive means of growth.