





**GOOD LIFE
RECOVERY**

Forgiveness is Freedom

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A forgiving person has no past; an unforgiving person has no future.




To forgive is not to forget or to change the past - it did happen

**What happened is truly
unforgettable – it was wrong.**




**To forgive is to release my feelings
about these events and to remind
myself:**

**“I am not responsible for my
history, I’m responsible for
today’s feelings about it.”**



**If I can forgive, I can be free of
these events.**



**I can have the courage to release
the feelings I have refused to let go
of.**



**I don't do this to let anyone off the
hook.**

**I do it for me - because my
emotional freedom is the bedrock
of my happiness, my power, my
peace and my sobriety.**