

# FREE YOURSELF FROM *Resentment Prison*

Here are a few simple steps to take to free yourself from 'resentment prison', especially if you find it tough to forgive. Forgiveness is not about letting anyone 'off the hook', it's about liberating yourself from being stuck in an unhealthy place and from toxic emotions, to enable you to create what you want in your life.

## 1. WRITE IT OUT

Start with journalling, or just use a notepad and write down the unedited version of what happened, how you felt, and what the 'injuries' are. Get it all out.

## 2. WRITE IT OUT AGAIN AS IF YOU WERE A REPORTER

Think of yourself as an unbiased third party reporting on what happened from both sides. Would it change the way you talk about it or see what happened? Would the story be any different?

## 3. TALK IT OUT

Talk through what happened with a friend you trust. You are not looking for opinions or input, just ask them to witness you so you can get it all off your chest and be free of it.

## 4. CUT THE CORDS

Visualize the negative connections to the painful experience or person being gently cut. Then visualize the person floating further and further away from you on each out breath, repeating "I forgive you, I release you, I am free." Use the power of intention to take control and decide that you no longer want this weighing heavy on your heart or mind - consciously free yourself to focus on all the good stuff!