

## Learn the Art of Forgiving and Forgetting

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When we make mistakes and make a point of apologizing every time, we think that the person should forgive us no matter how big our mistake was. But have we ever thought had it been us in that place would we forgive and forget the same way we want them to forgive us? Most often we don't. This is because we don't know what forgiveness really means. To forgive a person completely you have to forget the mistake they made and move on with your relationship as if nothing happened. But to learn to forgive that way, you will have to make yourself extremely strong and powerful.

Your partner may not be right in justifying his/her position but you have to understand that without forgiving them you will have to face more problems in future. Try to think positively about the matter and if possible tell your partner politely that what they did was wrong. You will have to do it without raising any issue of prejudice or discrimination. Tell them that things are now clear between the two of you and that both of you should try not to repeat such mistakes in future. Understanding your partner's emotions helps a lot in forgiving them. Think about the good times and the favors your partner did for you in the past. The two of you have survived a relationship this far means that you have been fulfilling each other's needs and demands up till now. If something painful has come up now you should try your very best to forget it and move on with life. Understanding your own sentiments and emotional turmoil you're going through will also help you in forgetting what happened and forgiving your partner. You have needed each other's support in the past and you are going to need it in future as well. So be positive about everything and talk things out fairly between yourselves. If your partner is ready to apologize then listen to them sincerely and tell them honestly about your feelings. If you don't sort things out right there and then, chances are you will never get another chance of straightening things out between yourselves. Your lack of gentleness might result in serious damage to your relationship. Always remember that you are incapable of forgetting unless you really forgive. Accept your partner's apology with genuineness and show by your actions that you have really forgotten whatever happened between the two of you.