

F-- Figure out how you were hurt, wronged, or mistreated... and by whom. Go toward the situation instead of avoiding it.

O-- Own, acknowledge, and express all your feelings... including anger, fear, and hurt.

R-- Respect and embrace your feelings and pain... be kind and gentle on yourself.

GIVE-- Give yourself the gift of letting go of anger and resentment. (What can you replace your anger with???)

NOTE: Forgiveness is a choice, a decision, an attitude, a process... a way of life. A better word for "forgiveness" might be "acceptance".