

27. I don't want to forgive -X- (the people that ruined my life)

This is another exercise that is more powerful to do once you've done more of the deeper work that you do automatically as you go through the steps of the SCS. This is also an exercise I recommend you come back to after you've gone over most of the steps of the SCS so you can get rid of all the grudges you might hold regarding other people. This way they won't push your buttons anymore.

But I wanted to give you a suggested mindset change here already, as that new awareness will make things easier for you.

I've at times ran into clients that have been brought down a lot -often by their parents- and now have an attitude of "they don't deserve for me to feel good", Or "I'll punish him by staying unhappy, that'll teach him!".

And in reality, this of course only hurts yourself. Holding on to pain to punish someone else is like drinking poison and hoping they die. It's just not smart and keeps you stuck.

The following thought sequence may be helpful for you. I start out where you may be currently at with your thinking, and I help guide your thoughts to a more realistic, positive statement regarding change:

I don't want to forgive -X- (say out loud name person/people)

He/she doesn't deserve to be forgiven

I refuse to forgive X

I'm not going to let go of my anxiety cause X messed me up

And X will have to deal with the consequences of his/her actions

If I overcome this and am happy he wins

What if he thinks he/she actually did a good job?

Never!

X doesn't deserve for me to be happy

I'll punish X by staying messed up

That will teach X

And this attitude is so working for MY life

My life is just great as a result of it

No it's not

But I don't want to change it

Not if it means X is getting away with it

I have to keep reliving the past

I can't make a decision for myself right now to change

Well I could

But I rather keep living in the past

Not true, but I can't let it go

Actually I can, but I have chosen not to up until now

Because I don't want X to get away with what he has done to me

So I have chosen to stay in victim mode

In a way, I'm still being controlled

I still have no control

Not changing and staying stuck is not what I truly want

So I'm still being controlled on some level

I'm still chained up

And I'm done with that

I want to feel good and confident

What if that doesn't mean that X gets away with it?

What if it means that I'm finally taking control of my own life?

What if that means I'm finally choosing for myself?

What if that means I'm choosing a happy future over staying stuck in the past?

What if that means I'm freeing myself finally?

I don't need to forgive X but I do want to move forward

I choose to move towards feeling good and confident for my sake

Rather than stay stuck in the past

I choose to make myself feel confident and happy for MY SAKE