

ON FORGIVENESS

When a deep injury is done us,
we never recover until we forgive.

The first step is to forgive yourself.

Learning to Forgive doesn't mean you forget what happened to you.

You've been badly hurt and you need to express your pain and humiliation and that you've been wronged.

It takes time to forgive,
but it begins with communication.

Once the two of you can talk about this,

and also to express that the reasons for your pain are linked to your love,
you probably will begin to find relief.

Revenge and anger are destructive emotions.

If you learn to forgive, you'll find it is a very "free-ing" experience.

It is entirely worth working towards.

Dut Marx
given to me 12/29/90