

Living with Forgiveness 101 – Lesson 4

The 4-Step Living with Forgiveness Process

Step 1. Acceptance/Acknowledgement –

This first step is more about recognizing our humanness and we get in touch with what is actually happening in our lives. When we face the reality of a situation, we can heal from it.

Sometimes the truth is not attractive. Sometimes we become the victims of our stories. Other times we beat ourselves up for hurting someone else. In both cases we need more compassion, and coming to terms with the fact that is the reality of the human condition.

Acknowledge the truth. Are you angry? Are you feeling like a victim? Do you feel like a knife was put into your heart? How do you FEEL?

It might be easier to say, “Just the facts mam” to get to the truth. You can do this first, and then talk about how you feel if that’s easier.

Another question might be, “what is the reality of the situation?” Again, keep in mind that flexibility requires you to be able later to see the truth from multiple perspectives.

“Acceptance does not mean what the other person did is ok.”

Lori Rubenstein

The truth may hurt, that’s ok, feel hurt. You will survive.

Remember...*This too shall pass!*

Step 2. Personal Responsibility – 2 main perspectives here and none of them are about guilt and shame. The bottom line is that **YOU are responsible for how you continue to FEEL or THINK about YOUR PAST.**



Perspective # 1. YOU also created this situation – it could be as a person in this lifetime, or in your life contract or plan, or as a karmic reaction to a past life issue.

Not everyone believes in reincarnation or past life's affecting this one. If you do, this might make more sense to you. There are things that happen in our life

Here are some questions to think about:

In the case of something really difficult like abuse, rape, death, divorce, etc. Did you choose this mate? Did you not leave when red flags showed up? Did you fall in love with potential? Did you not listen to intuition? Did you have past incarnations with this person that left issues to be resolved? Did you create an environment that was ripe for this to happen? Did you set appropriate boundaries? Did you have an issue with your parents or an ex that also needed to be healed?

Perspective # 2. Shit happens category – this is a belief that what happened wasn't planned by you. Something went awry or someone did something that truly you did not have the slightest control over. So perhaps childhood abuse falls here, but it could also fall into the past life-karma issue.

Why is taking Personal Responsibility important? If you take responsibility for YOUR PART, or how you feel, then you are no longer in the **victim role** where you blame others who hurt you. If you continue to blame others, you remain a victim, and you cannot heal and grow! It's as simple as that!

“When I take personal responsibility for my part in any situation, it gives me the ability to let go of blaming others, and to change how I view the situation. I'm in the driver's seat of my own future.”

Lori Rubenstein

Step 3. Gifts or lessons

This is where great ah-has come in to play.

One benefit of forgiveness is that of courage, it takes a brave person to forgive.

A fabulous gift is that you change your story from that of a victim to victor!



Then, self-esteem rises because you know you can be hurt and you can recover.



For people who let go of unforgiveness of themselves, and let go of guilt and shame and do something meaningful with it, rather than wallow in it, again, self-esteem and confidence rise.

To discover your unrealized lessons, ask yourself: what was the purpose of this situation for me? What do I know now that I did not know before? How have I changed as a result of this situation...ahhh, magic!

“For me, starting on my spiritual path and asking those deeper questions, such as, ‘who am I’ and ‘what is my purpose’ was probably my greatest gift. I can truly appreciate everything my ex did, as my soul benefited from those difficult times 100%!”

Lori Rubenstein

From the lessons in my book to forgiveness sessions with clients, I have learned and noticed that every single person who really forgave found tremendous blessings in their forgiveness. They are seriously **Miracles!**

Step 4: Gratitude

Because this is a muscle building exercise, we need to stay the course. One of the best ways I know of staying the course is to have gratitude for all the gifts and lessons life brings our way.

To build our muscles takes consistent practice. For example, when someone cuts you off in traffic, do you get mad or can you find peace in the situation? What frustrates you regularly? Can you practice letting it go, feeling gratitude in the moment?

It is practice to see the good in everything that comes your way. KNOW that what happens happens for a reason and act as though that is the truth! Even if it's not the truth, you can take on that perspective, that thought pattern, and then it



becomes the truth, the situation becomes more bearable, and you can let things come and go with grace and ease.

Additionally, when we live in gratitude, our walls come down and we allow space for what we want the most in life to come in, and that is love!

When you change your focus from hurt, sadness, anger, or retaliation to gratefulness, you will start living and feeling more lightness, peace and joy in your life.

What can you do to bring more gratitude into your life immediately? Start focusing on gratitude. Start a gratitude journal, when you feel yourself getting frustrated, change your thoughts by asking, what 3 things can I be grateful for right now? See how your life transforms!

We all have the ability to turn hardships or tragedies into blessings. If you follow these steps and build your forgiveness muscles, I believe that no matter what you've been through, you too can live a joyous life.

I wish you the very best on your own forgiveness Journey...it was a pleasure being your guide!

If you enjoyed this class, please send a testimonial to Lori at lori@lorirubenstein.com and receive 30% off a personal, confidential and life-changing forgiveness coaching session by telephone or skype.

<http://lorirubenstein.com/coaching/>

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Forgiveness*

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