



Ascension

Ascension EAP

How Do You Work Towards Forgiveness?

One of the most significant hurdles to growth, healing, and progress is the inability to forgive. Here's how great leaders embrace forgiveness and move beyond feelings such as shame, anger and resentment.

When you forgive, you in no way change the past – but you sure do change the future.

Bernard Meltzer



Think about a mistake you have made with an associate?

How did this mistake make you feel?

What was the outcome?

How many of these actions were part of your response?

Acknowledge. Acknowledging a mistake is the first step towards correcting it and finding ways to prevent it from happening again.

Accept. Everyone makes mistakes. When we accept that mistakes are a normal part of being human we become open to accepting that others too will make mistakes.

Apologize. Admitting to a mistake and taking responsibility for it helps your associates learn to trust you.

Adjust. We are usually most hard on ourselves. It's important to be kind to yourself and don't forget that the judgment of your mistakes should reflect the same level of empathy you would show to others.

Apply. Mistakes are not done on purpose however by adjusting how we think about our mistakes, we can turn them into something better. Remember mistakes are proof that we haven't given up and are trying.

If the mistake you had journaled about did not have a positive outcome might it be because you missed a few of these action steps? Next time try to Acknowledge, Accept, Apologize, Adjust, and Apply what you have learned!

Forgiveness is key to the healing process since it allows you to let go of the sadness, resentment, anger, shame, guilt, or any other feeling you may be experiencing, and give you the push you need to move forward. Once you've identified what you're feeling, have given a voice to it and accepted your mistake you'll begin to see how freeing forgiveness can be.



Ascension WI EAP

For additional support contact your Employee Assistance Program today. Services are free and confidential.

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