

## **Forgiving Others — Releasing the Need for Apologies That May Never Come**

Take Away Sheet: Week 3 - 11-17-25

### **Understanding That Forgiveness Isn't the Same as Forgetting**

- You can forgive and still remember what happened — awareness is not bitterness.
- Forgiveness is about your healing, not their absolution.
- Release the grip of the past so you can live more fully in the present.

### **Why Waiting for Closure Can Delay Your Peace**

- Peace doesn't require their apology to begin.
- Closure is something you give *yourself*, not something you wait on.
- You deserve to move forward without carrying the weight of their silence.

### **How Holding on to Anger Affects Your Health and Happiness**

- Anger, when left unchecked, becomes exhaustion for your soul.
- Releasing anger isn't about excusing—it's about reclaiming your energy.
- Emotional freedom feels lighter than carrying resentment.

### **What It Means to Set Energetic Boundaries**

- You can love people and still not allow their chaos into your peace.
- Energetic boundaries are invisible filters that protect your joy.
- Your time, energy, and attention are sacred—and you get to choose where they go.

### **Reclaiming Your Power from Pain**

- Your healing is not dependent on their behavior.
- Every time you choose peace, you reclaim a piece of your power.
- You are more than what happened to you—you are who you decide to become.