

FORGIVING UNFORGIVABLE

Many people fail to understand where the source of negative emotions stem from. Through their life they attempt to control those negative emotions. Here is a checklist to help you determine whether unforgiveness may be the reason for the negative emotions in your life.

- Do I often have emotions of anger, resentment, and bitterness which surface frequently in my life?
- Do memories of my past haunt me?
- Do I repeat the same types of relationships?
- Have I experienced trauma from the past?
- Do I feel I only attract abusive people?
- Do I avoid starting new relationships for fear that it will fail?
- Have I struggled with depression?
- Do I feel stuck in life and struggle to find meaning?
- Do I feel I am unable to trust anyone?
- Am I unable to feel joy and happiness every day?
- Do I feel unworthy in different areas of my life?
- Do I feel I am struggling to find my purpose.

If you answered yes to three or more of the above questions, forgiveness may be the key to your freedom. To find out how you can stand empowered and step into your purpose, book a call at <https://calendly.com/talkaboutforgiveness/call>