

Lousy Apologies

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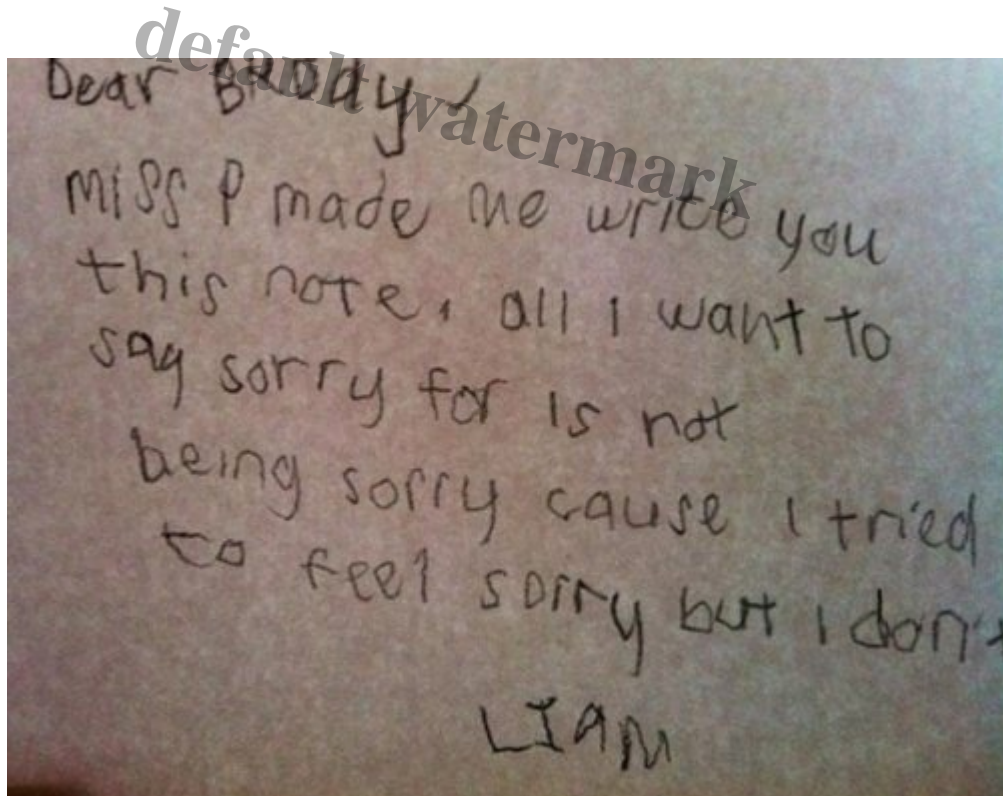


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Apologies and forgiveness can be really difficult sometimes. It's much easier to hold a grudge or be mad at someone. However, bitterness eats away at me and leaves me with a heavy heart. I'm having a hard time practicing forgiveness right now. This apology letter I came across which was obviously written by a young boy makes me **smile**. I remember when my daughter was around 4 years old I made her apologize to a neighbor for something. I can't even remember what it was, but I remember her stubbornness toward having to say I'm sorry. She was angry and clearly was not sorry when she apologized. I think this letter sums up how hard it is to genuinely apologize and forgive sometimes. Below are a few quotes to help inspire you.

Forgiveness is a gift you give yourself. â€“ *Tony Robbins*

Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive.- *Colossians 3:13*

Forgiveness is the experience of peacefulness in the present moment. Forgiveness does not change the past, but it changes the present.- *Frederic Luskin*

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