

C.S. Lewis & Co. Publicists

Editor/Producer,

Wouldn't it be great to live without regrets? Imagine being free of pain, resentment, and guilt whenever you recall the mistakes, lost opportunities, failed expectations, or unhappy events that have scarred your past. Imagine what would it feel like to savor your life exactly the way it is right now.

All this is possible, says behavioral expert **HAMILTON BEAZLEY, PHD**, when you let go of burdensome regrets. He shows readers a practical way to do it in his new book, ***No Regrets: A Ten Step Program for Living in the Present and Leaving the Past Behind*** (John Wiley & Sons, January 2004, \$14.95).

No Regrets is the ultimate self-help program for today's baby-boomers striving to find happiness amidst the shattered dreams of failed marriages, dotcom letdowns, poor job prospects, corporate corruption, retirement worries, and a dramatically changed society following 9/11. Dr. Beazley says regrets themselves are not the problem. The problem is what we do with them: harbor the regrets or let them go.

In his groundbreaking book on overcoming regrets, Dr. Beazley guides the reader through a structured ten-step process for letting go of regret, finding forgiveness, and living richly in the present. Readers learn that regrets can be opportunities for spiritual and psychological growth that lead to a greater sense of mastery and joy rather than debilitating memories spawning feelings of hopelessness and grief.

A media veteran who has appeared on CNN and CNBC, as well as such programs as *Oprah* and *A Current Affair*, Dr. Beazley is available for an interview and can elaborate on a number of topics, including:

- **The "Age of Regret":** Are aging baby boomers living with more grief and coping with more regret than previous generations?
- **Ten Steps for Moving Beyond Regrets:** Ten practical steps for letting go of past events and healing their negative psychological effects.
- **Martha, Bill, Kobe, and Arnold:** Celebrated denials, famous apologies, serial apologists, and what they teach the rest of us. Are apologies alone ever enough?
- **Failed Expectations—The Road Not Taken:** Why the pain of regret over missed opportunities is a common midlife trap—and how to avoid it.
- **How to Forgive the Undeserving:** Why forgiving a brutal ex-spouse, abusive parent, or vicious employer has nothing to do with them—but everything to do with us.
- **Unlocking Potential, Letting Go of Regrets:** How releasing burdensome regrets frees us to love, to take risks, and to find happiness.

Please let me know if I can set up a time for you to speak with **DR. BEAZLEY** directly.

Warm Regards,

Cathy Lewis

Live Free of Regret

A ten-step approach for moving beyond regrets, mistakes, and lost opportunities.

You can't change the past, but you can change the psychological effect it has on your present life. Once you learn to face, embrace, and finally release the regrets that linger as ghosts from the past, your regrets can serve rather than torment you, lead you to happiness rather than away from it.

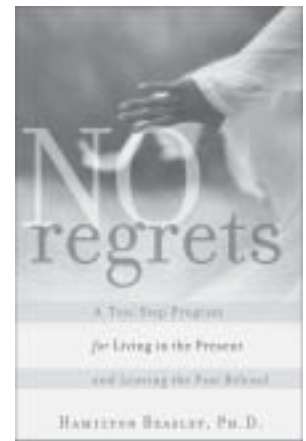
Nationally recognized behavioral expert **HAMILTON BEAZLEY, PhD**, has created an elegant ten-step approach for letting go of burdensome regrets and keeping new ones from forming. In his new book, *No Regrets: A Ten Step Program for Living in the Present and Leaving the Past Behind* (John Wiley & Sons, January 2004, \$14.95), Dr. Beazley presents a practical way to find relief from debilitating regrets that spawn feelings of hopelessness, grief, shame, bitterness, and pain.

Based on proven psychological, self-help, and spiritual principles, this interactive book asks readers to participate in certain structured exercises and activities, using tools and techniques such as visualization, journaling, and meditation to help them understand, work through, and master each step of the process. Along the way, Dr. Beazley weaves in real-life stories of people who have wrestled with and come to terms with burdensome regrets.

Readers learn how to:

- Identify burdensome regrets and the price they pay for them
- Recognize and change toxic thought patterns that create and support regrets
- Grieve the road not taken and other losses
- Make amends to those they have hurt
- Master the right way to apologize
- Recognize the hidden gifts and lessons imbedded in regrets
- Develop compassion for and learn to forgive themselves and others
- Maintain a life free of regret

Regrets are an inevitable part of life, but they don't have to be burdensome. Baby-boomers living in an age of regret will find this self-help guide an invaluable companion on their journey in search of healing and inner peace.



The costs of holding on to a regret include the time you spend thinking about it, the emotional energy you invest in it, the sadness it causes, the anger it fosters, the happiness it steals from you, the new losses it creates, and with some regrets, the guilt and shame it generates.

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About the Author

HAMILTON BEAZLEY, PhD, author of *No Regrets: A Ten-Step Program for Living in the Present and Leaving the Past Behind* (John Wiley & Sons, January 2004, \$14.95), is a sought-after expert in the field of human behavior, author of multiple books, respected scholar, revered professor, and a man committed to serving the national community.

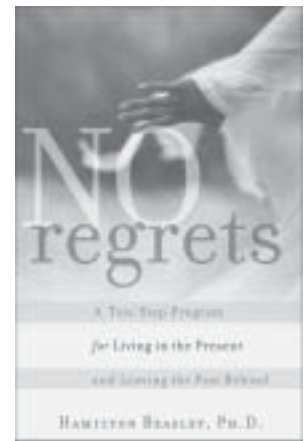
Dr. Beazley earned his BA degree in psychology from Yale University and his PhD in organizational behavior from George Washington University, Washington, DC, where he was associate professor in the Department of Psychology. Dr. Beazley is currently scholar-in-residence at St. Edward's University, Austin, Texas.

Before his academic career, Dr. Beazley worked in the top leadership of organizations ranging from startups and multinationals to nonprofit organizations and universities. He has served on many boards of directors, including The Educational Advancement Foundation; the Executive Committee of the Division on Addictions of the Harvard Medical School; and the Discovery Learning Project at University of Texas, Austin. He led two national nonprofit organizations, the foundation of the late Senator Harold Hughes, and the National Council on Alcoholism and Drug Dependence, New York City, as president.

A dynamic media personality with broad experience in front of audiences of every kind, Dr. Beazley has testified as an expert before the U.S. House of Representatives and the U.S. Senate, and has appeared on *Oprah*, *A Current Affair*, CNBC, and CNN, among others, as well as on numerous national radio shows. He has been quoted in such publications as *Fortune*, *The New York Times*, *The Washington Post*, *Los Angeles Times*, *USA Today*, *Time Magazine*, and *Newsweek*.

Dr. Beazley has also worked inside television and radio as a member of the Board of Trustees of the Episcopal Radio-TV Foundation, and as co-creator of *Secrets Out*, a BBC television series that aired from 1984 through 1987.

He is coauthor of two previous books, the critically acclaimed *Continuity Management: Preserving Corporate Knowledge and Productivity When Employees Leave* (John Wiley & Sons) and *Reclaiming the Great Commission: A Practical Model for Transforming Denominations and Congregations* (Jossey-Bass Publishers), a study of the dramatic transformation of the Diocese of Texas under the visionary Episcopal Bishop of Texas. He is coeditor of the newly released *The Servant-Leader Within: A Transformative Path* (Paulist Press), and is author of a forthcoming book on addiction recovery (Hazelden, 2004).



“Hamilton Beazley has the distinct ability to understand the most complex inner workings of the human spirit and mind.

No Regrets is an elegantly written book, destined to take its place alongside the great self-help guides of our time.”

—**HOWARD J. SHAFFER, PhD**

Associate Professor
and Director,
Division of Addictions,
Harvard Medical School

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Interview Topics

The Grass-Is-Greener Syndrome

Discover how to live in your present reality and appreciate the rich life it promises.

Do you find yourself making comparisons between your life and other people's lives? Dr. Beazley says such comparisons are potent sources of regret, causing you to feel that you somehow "lost out." Comparing yourself with other people you know or have read about, comparing your accomplishments to others' expectations, or comparing your present life with the dreams you once had are all part of the grass-is-greener syndrome. Learn:

- Where you stand in your secret ranking system
- How to stop feeling victimized by comparisons
- How to identify distortions created by "if only" regrets
- How to be compassionate with yourself

Bill, Martha, Kobe, and Arnold

Celebrated denials, famous apologies, serial apologists, and what we can learn from them.

When power corrupts, the powerful find themselves facing the camera and offering up very public denials and apologies—and sometimes both. Dr. Beazley looks at some of the most famous examples, and discusses:

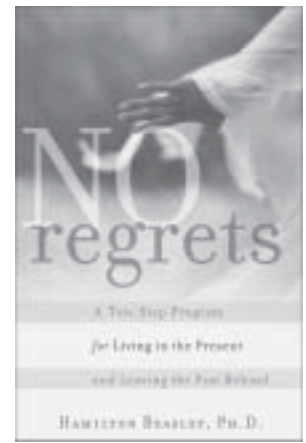
- Why an apology alone is never enough
- The three parts of a meaningful and effective amend
- Why serial apologists are not sincere
- Six things a sincere apology should accomplish

No Regrets Toolbox

Six Tools to Help You Let Go of Regret

Dr. Beazley's ten-step process helps you unburden yourself from bitterness, hatred, resentment, dissatisfaction, and other negative emotions that stem from holding on to regrets. To work through the steps, he provides six valuable tools you can use to tap into your intellectual, psychological, and spiritual resources. Learn:

- How to use thought analysis to change the way you think and feel about your regrets
- How to use journaling to organize your thoughts and to reveal hidden feelings
- How to pray, whether you are religious or not, to gain insight, strength, and discipline needed to work the steps
- How to make use of a confidant for emotional support
- How to overcome resistance with affirmation exercises
- How to use creative visualization to facilitate your progress



Medical studies have shown that patients with asthma and rheumatoid arthritis who journal daily experience a marked reduction in symptoms.

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Are Toxic Thoughts Poisoning You with Regret?

Learn how to recognize common toxic thought patterns and how to counteract them.

When carried to an extreme, such common thought patterns as needing to be perfect, taking everything personally, and blaming yourself when you don't deserve it may play a part in creating and maintaining burdensome regrets. Address your toxic thought patterns, says Dr. Beazley, and letting go of regrets becomes easier. Learn:

- What your thoughts reveal about you
- How to identify toxic thinking
- How to defang toxic thoughts
- How to practice new thought patterns that reflect reality

Righting Wrongs with the Dead

Expert says it's never too late to make amends.

Some of the people to whom you owe amends may not be reachable. Perhaps they have died or have moved away. No matter, because the surprising fact is that amends are made primarily for your benefit, not for the injured party's. Dr. Beazley discusses:

- Why you should make amends to deceased or lost people
- How to apologize to a dead person
- How to send a healing letter to the "dead letter" office

How to Make a Difficult Apology

Eight helpful guidelines for surviving the most dreaded encounters.

Have you done something so terrible and unforgivable that the mere thought of apologizing wrenches your gut? Regrets of this magnitude will rule your inner life and affect your present and future happiness. The only way to get relief, says Dr. Beazley, is to make amends to the people you have hurt, even if it results in being lectured, yelled at, not forgiven, or worse. Learn:

- Eight ways to handle dreaded apologies
- How to prepare yourself emotionally for the encounter
- How to structure your language so the focus stays on you
- How to avoid ugly confrontations, defensiveness, or blame
- How to walk away from physical or verbal abuse

In earlier centuries, a year was set aside for mourning the death of a loved one, during which the bereaved were expected to experience the terrible pain of their loss, accept the support of friends, and make peace with the change in their lives. After the mourning period was up, however, they were expected to bring their grief to an end and resume an involved, productive, and happy life.

11 Toxic Thought Patterns that Create Regrets

- Perfectionism
- Exaggerated control
- Foreseeing the future
- Knowing what others are thinking
- Personalizing events
- Incomplete comparisons
- Undeserved guilt
- Reimagining the past
- Feeling victimized
- Black-or-white thinking

More Interview Topics

Lessons Learned from Your Regrets

Learn how to extract jewels of wisdom from that slow drip of remorse.

An essential step in healing from the bitterness and pain of regret is recognizing that every regret contains potential lessons and gifts. The key, says Dr. Beazley, is identifying these lessons and gifts and applying them to our lives. Learn:

- How to mine regrets for potential lessons
- How to mine regrets for potential gifts
- How to change your attitudes and behavior by applying lessons learned
- How to find something useful in the most grievous regrets

Visualize a New You

An eight-step method for using creative visualization.

Athletes use creative visualization to jump that extra six inches. Patients use this powerful tool to make their medications work better. Scientists have found that creative visualization works, in part, because the brain cannot tell the difference between a vividly imagined scene and one that actually took place. Dr. Beazley says by learning how to use creative visualization as a tool for letting go of regrets, you can bring about extraordinary changes in your life. He discusses:

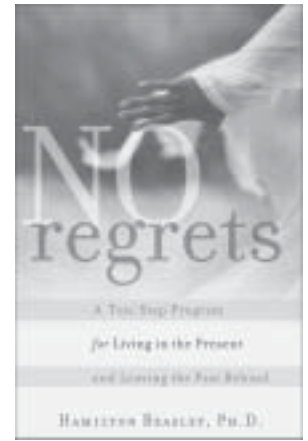
- Eight guidelines for visualizing
- How to use creative visualization to overcome resistance to letting go of regret and personal change
- How to use the tool of visualizing to stimulate repressed memories that may be blocking your progress
- How to develop creative solutions using visualization techniques

The Road Not Taken

Do your “If only” daydreams poison the road you did take?

The roads not taken in our lives beckon to us with their infinite possibilities, filling us with regret. Regrets arise from unfulfilled expectations, from shattered hopes and lost dreams, from failures and tragedies, mistakes and misjudgments. If we don't let go of the regret, says Dr. Beazley, we begin to revisit the decision—sometimes in sadness, sometimes in anger, sometimes in despair. Find out:

- How to live with inevitable regrets, but without the burden
- How to embrace the present path you are taking
- How to forgive yourself for past decisions



10 Ways to Live Free of Regret

1. *Apply the lessons and gifts of your regrets.*
2. *Accept responsibility; make amends.*
3. *Stay grateful.*
4. *Practice humility.*
5. *Serve others.*
6. *Forgive yourself and others.*
7. *Accept others; accept life.*
8. *Reject old regrets.*
9. *Let go of new regrets.*
10. *Live resolutely in the present.*

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—MORE—

Relief from Regrets

Nine rewards of letting go.

When you have harbored regrets for a long time and relive them intensely or revisit them frequently, you may find it frightening to contemplate letting them go. Dr. Beazley elaborates on nine important ways you will be rewarded for doing so, among them:

- Relief from pain, anger, shame, and guilt
- Greater acceptance of yourself and others
- New perspective on your unique life experience and a better appreciation of it
- Greater compassion, more empathy, and love for yourself and others
- A new sense of being comfortable in the world and being a worthy part of it

Self-interest: The Paradox of Forgiveness

The act of forgiving is a selfish act, and that's why it's so powerful.

One of the most common misconceptions about forgiveness is that it is a gift we give to others. Dr. Beazley says the opposite is true: It is a gift to ourselves. He explains:

- How forgiveness benefits the grantor in a number of ways
- Why it is unimportant if the offending party apologizes, cares, or is even alive
- How common myths about forgiveness create stumbling blocks that keep us from letting go of our regrets

How to Say You're Sorry—and Mean It

Learn the right way to apologize—you'll be glad you did.

The act of apologizing comes naturally to most of us and is the first step in making amends to someone. But what should an apology accomplish? According to Dr. Beazley, understanding the deeper meaning of “I’m sorry” will help you get on with your life. He explains:

- Six things a complete apology should accomplish
- How to acknowledge inappropriate behavior and accept responsibility for it
- Why accountability is key to moving on in a relationship
- How contrition drives self-growth

“I’m Good Enough, I’m Smart Enough...”

Learn how to change your perspective with creative affirmations.

An affirmation is a short and quick, written or spoken statement made in language that is clear, positive, and concise that a desired future state is already in existence. Affirmations are a highly effective tool for bringing about change, says Dr. Beazley, and are particularly useful for countering negative head talk. He shows:

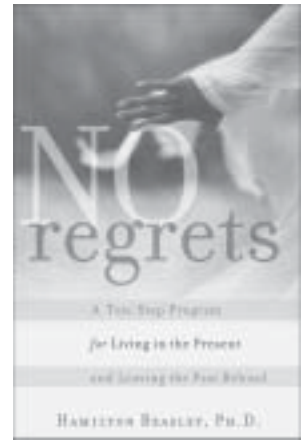
- Right and wrong ways to create effective affirmations
- Why affirmations work when done correctly
- How to use creative affirmations to overcome fear, feelings of incompetence, and sense of worthlessness associated with burdensome regrets

It is unfelt emotions, not felt emotions, that you cannot change and therefore exercise a hidden power over you. Until we consciously and willingly experience our pain, we cannot get past it. The only way to the other side of pain is through it.

Grief is part of all regretting. In fact, the word regret has its origins in the Middle English word regrete, meaning to lament or to feel sorrow; and in the Old English graetan, meaning to weep.

Suggested Interview Questions

1. How did you come up with the Ten Steps in your program for letting go of regrets?
2. How would you define a burdensome regret?
3. Why is it so important for us to let go of our regrets?
4. Explain how regrets can be viewed as opportunities. What can we learn from them?
5. Why do people harbor regrets that cause them so much pain, shame, and bitterness?
6. You write that regrets are a normal part of life. So how can we learn to live with them in such a way that they don't impact us negatively?
7. Do the popular media and our culture's emphasis on image and performance contribute to more regrets than in past times? Are we living in an age of regret?
8. What are some of the most common excuses for holding on to regrets or resentments?
9. What does forgiveness mean to you?
10. How would you go about forgiving someone—say, an abusive parent or a drunk driver—who has ruined your life?
11. What are toxic thought patterns, and how do they support regrets?
12. What does it mean to make amends? Is there a right or wrong way to do it?
13. What makes an apology sincere, and how can you tell if someone is truly apologetic, or just going through the motions?
14. What advice would you offer to someone who has to make a very difficult apology, perhaps to a person they have hurt deeply?
15. How do you apologize to someone who refuses to forgive you?
16. Many people regret not saying something important to an elderly parent before he or she passed away. Can we ever overcome such a regret, since that person is gone forever?
17. Is it harder to forgive yourself than to forgive another?
18. Some people are put off by references to "god" and one's "higher power." Is it necessary to believe in god in order to work your Ten Steps?



Letting go of regrets does not mean denying them or minimizing them. Rather, it means coming to terms with them, releasing the painful emotions they cause, and ending the distortions they are creating in our lives.

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Eight Common Excuses for Harboring Regrets

What's yours? A closer look at why you hold on to regrets is the first step in letting them go.

1. "It's too late to let go of my regret."

The passage of time neither improves nor impairs our ability to let go of regrets. Letting go is a function of willingness—the willingness to look at yourself and take certain actions.

2. "I can't forgive what was done to me," or "I could never forgive myself for what I did."

When you refuse to forgive yourself or others, it is because you *will not*, not because you *cannot*. Forgiveness is always possible.

3. "I can't possibly go back and relive all that again."

This excuse has two fatal flaws. The first is that you are *already* reliving the regret through your refusal to let it go, thus prolonging its pain. The second is the implication that you do not have the strength and courage to work through the process of letting go. You do.

4. "I could never be forgiven for what I did."

Forgiveness is not something others do for you. It is something you do for yourself, and it does not depend upon those you have harmed to be valid. A wronged party who does not forgive you after you have made the appropriate amends has a problem, which is not your responsibility to solve.

5. "I will never forget what was done to me."

You don't have to. Even after you have let go of a regret, you will still remember it, perhaps for a lifetime. But it will no longer have the power to hurt you.

6. "I could never forget what I did."

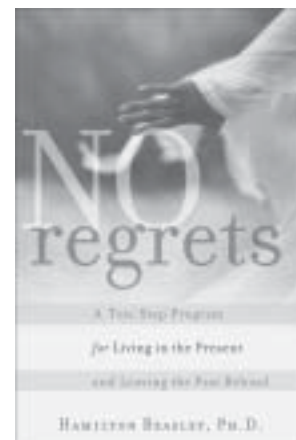
Letting go of a regret does not mean forgetting it. It means revisiting the regret in a structured way so that you can work through its pain and eliminate its destructive power in your life.

7. "If I go back to examine the past, I'll get stuck there."

The opposite is true. It is the *unexamined* past that traps you.

8. "Now is not the right time."

The ideal time to start the process of letting go of regrets is now. Later often turns into never.



7 Categories of Regret

1. Acts you committed (but wish you hadn't)
2. Acts you didn't commit (but wish you had)
3. Acts others committed (that you wish they hadn't)
4. Acts others didn't commit (that you wish they had)
5. Acts of fate or circumstances
6. Inevitable losses (that you regret)
7. Comparisons (that lead you to regret)

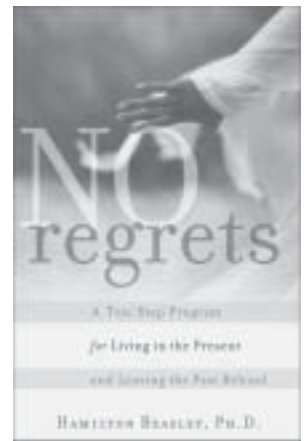
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How Burdensome Are Your Regrets?

Take this quiz to find out.

For each of the following statements, think about specific experiences from your life, and then circle the answer that best describes how you feel about them. Check your score, on the next page.

- TRUE FALSE** There is an act I committed in the past that makes me cringe and feel ashamed whenever I think of it.
- TRUE FALSE** At one point in my life, my failure to say or do something had hurtful consequences for someone, and it continues to bother me.
- TRUE FALSE** I may have blown a great opportunity for myself by not acting on something when I had the chance, and I have still not come to terms with it.
- TRUE FALSE** I can't stop feeling hurt by the way someone treated me.
- TRUE FALSE** I continue to feel sad, mad, or victimized as a result of a certain occurrence, even though it was beyond my control at the time.
- TRUE FALSE** Although I try not to, I envy other people for their looks, money, or accomplishments.
- TRUE FALSE** I feel a gnawing sense of longing or regret just because I'm getting older, and it sometimes interferes with my enjoyment of the present.
- TRUE FALSE** There is one person I will never, ever forgive.
- TRUE FALSE** There are painful memories I'd rather not revisit, but that still seem to affect me.
- TRUE FALSE** There are things I did in my past that sometimes make me feel like a bad person.
- TRUE FALSE** I am my own worst critic, and I rarely seem to achieve what I'm really capable of.
- TRUE FALSE** It's too late to go back and repair what was done in the past.
- TRUE FALSE** I can't forgive myself, because the person I hurt will never forgive me.
- TRUE FALSE** I know I wasn't totally innocent, but I don't feel like I should be the one to apologize because I'm the one who got hurt worse.
- TRUE FALSE** There are unpleasant ghosts in my past that I can never seem to shake.



Regretting is the act of revisiting past decisions or events, comparing them to what might have been, and wishing they had been different. When we give those past decisions or events the power to hurt us in the present, we have created burdensome regrets that corrode our lives.

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—MORE—

Scoring:

Add up the number of True answers you circled. If you circled:

- 11–15** You are plagued by more pain, grief, blame, and discontent from your regrets than you'd probably like to admit. You are not alone. Many of us live with burdensome regrets that may be interfering with the enjoyment of our day-to-day life, restricting our future possibilities, and hampering our ability to experience joy. The good news is that once you learn to come to terms with these regrets and release them, you will experience a profound sense of relief and freedom.
- 4–10** Like most of us, you have shame-producing skeletons in your closet, and people, including yourself, whom you may not have forgiven. You are ready to see the lessons and gifts each of these burdensome regrets holds for you, and to take the action steps necessary to let them go. Once you do so, your regrets will serve as guides in your present and mentors for your future, leading you to happiness and away from torment.
- 1–3** You are a person who has learned to forgive yourself, forgive others, and move on with your life for the most part. Yet, a few nagging regrets remain. You will be amazed at how light, optimistic, and joyful you will feel when you let go of the last, unresolved regrets that weigh upon your intellect, emotions, and spirit. Once you do, “could have,” “should have,” “if only,” and “why me” thoughts will no longer have any power to hurt you—now or in the future.
- 0** Congratulations! You are a remarkable person who has let go of your regrets to live richly and fully in the present.

*Regretting is a trip to the
past for which we pay by
losing the present.*

Ten Myths of Forgiveness

The true meaning and importance of forgiveness.

Forgiveness is an oft-misunderstood word. Persistent myths about what forgiveness entails block us from forgiving, and keep us from coming to terms with our regrets intellectually, emotionally, and spiritually so we can be free of their power to hurt us.

1. To forgive, we have to forget the offending behavior.

Forgetting is not part of forgiving. With forgiveness, we let go of the past in order to reclaim the present, but we do not forget that past. The memories remain, but their power to hurt us does not.

2. To forgive is to excuse the offending behavior.

Forgiveness does not in any way excuse the inappropriate actions that created our regret. We forgive for one main reason: to be free of the negative emotions associated with that regret, which is quite different from condoning the offense.

3. When we forgive, we no longer hold the person accountable for the offending behavior.

The perpetrator should always be held responsible for the offense. We can forgive and still satisfy our need for accountability, such as asking for a divorce, suing for damages, or testifying against a criminal.

4. When we forgive, we are implying that the offender is innocent, less guilty, or somehow off the hook.

Forgiveness does not imply lack of guilt. In fact, the opposite is true: There is no need to forgive the innocent. An act of forgiveness may lessen the perpetrator's own suffering and regret to some degree, *but only if he or she cares*. We grant forgiveness for *ourselves*, not for the benefit of another.

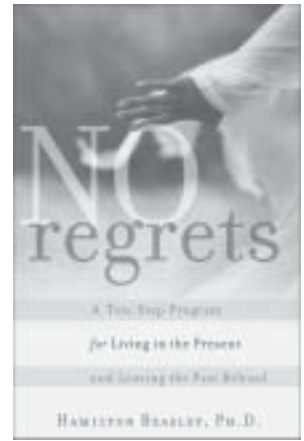
5. To forgive, we have to reconcile with the offender.

To reconcile with someone is to reestablish a relationship with that person. Reconciliation can be part of forgiveness, but only if we choose to make it so. It is not a requirement, which is why we can forgive people who are deceased, people in prison, and those we do not wish to have in our lives.

6. We should only forgive if the other person deserves it.

We forgive others because *we* deserve it, because we deserve to be free of the regret and the pain it has caused us. Whether the person who hurt us deserves our forgiveness has nothing to do with our decision to grant it.

—MORE—



***Forgiving
benefits us by:***

- *Bringing health benefits*
- *Freeing us of victimization*
- *Allowing us to pursue more productive ways to resolve issues with the offender*
- *Letting us get on with our lives*

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7. We only forgive in response to a request for forgiveness.

No request from the offending party is necessary for our forgiveness. It is *we* who ask ourselves to forgive the other person, and it is *we* who benefit most from the forgiving.

8. If we forgive, we are being disloyal to those the offending party hurt.

This misconception is a culmination of the preceding myths, which hold that forgiveness means having to forget or excuse offending behavior, reconcile with the offender, release the offender from accountability, or judge the offender deserving of forgiveness. The act of forgiving releases us from hatred and grants us freedom from the perpetrator, which benefits us, and so it is not an act of disloyalty to the person the perpetrator injured.

9. We forgive only on the basis of certain conditions, such as getting an apology.

Forgiveness is unconditional or it is not forgiveness. If we make our forgiveness conditional on what the other party does, such as apologizing or promising new behavior, we have made the perpetrator the decision maker in our process of forgiving. Ironically, this kind of thinking turns our lives over to the very person who has hurt us.

10. Forgiveness isn't valid unless it is accepted by the other party.

This myth is reinforced by the common phrase, “to offer our forgiveness,” as if it has to be accepted to be valid. Forgiveness is not offered, it is *granted*. It is our gift to ourselves.

*Ultimately, the Ten Steps
will lead you to forgiveness
—of others and yourself.*