

Letting Go: Forgiving Others

1. Hashem deals with us the way we deal with others.
2. Carrying anger and resentment punishes you and detracts from your peace and quality of life — whereas making peace, as hard as it can be, brings inner peace instead.

1. Who has wronged you this year?

This list is just for you. Nobody else needs to see it.

For most things, forgiving privately is enough. But if it's someone you're still in a relationship with, and the issue has gone on too long, reaching out — having the conversation, settling it — can be a real act of kindness that both of you gain from.

[illegible]

CONCERNING WHOM	WHAT HAPPENED	DO I NEED A NON-ATTACKING CONVERSATION TO SHARE WHY I WAS UPSET AND TRY AND RESOLVE THINGS? IF SO, WHEN?	FORGIVEN
			☐
			☐
			☐
			☐

Need more room? Continue on a blank sheet — there's no limit to the list.

2. Make a general statement of forgiveness

You don't need special wording — an honest version in your own words is completely valid. Something like:

"I forgive anyone who's hurt me or harmed me, intentionally or not. May Hashem help others whom I have hurt or harmed to forgive me."

If you'd rather use a traditional text: your ArtScroll siddur has a paragraph in the nightly bedtime prayers beginning "Master of the Universe, I hereby forgive anyone who..." — you'll find it on page 288. A Yom Kippur machzor (prayer book) has another option near the very beginning: look up Tefilla Zakah in the index. It's a fairly long prayer, but it includes a short paragraph in which we forgive others.

There are rare cases where forgiveness isn't required — but that's the exception, not the rule. If a situation feels genuinely difficult, it's worth speaking to a Rav for clarity.