

A hand-drawn diagram on a light purple background. It features a central white rectangular box containing text. The box is surrounded by four trapezoidal shapes (top, bottom, left, right) that resemble funnels or light sources. From each of these trapezoids, several thin black lines radiate outwards, creating a starburst effect.

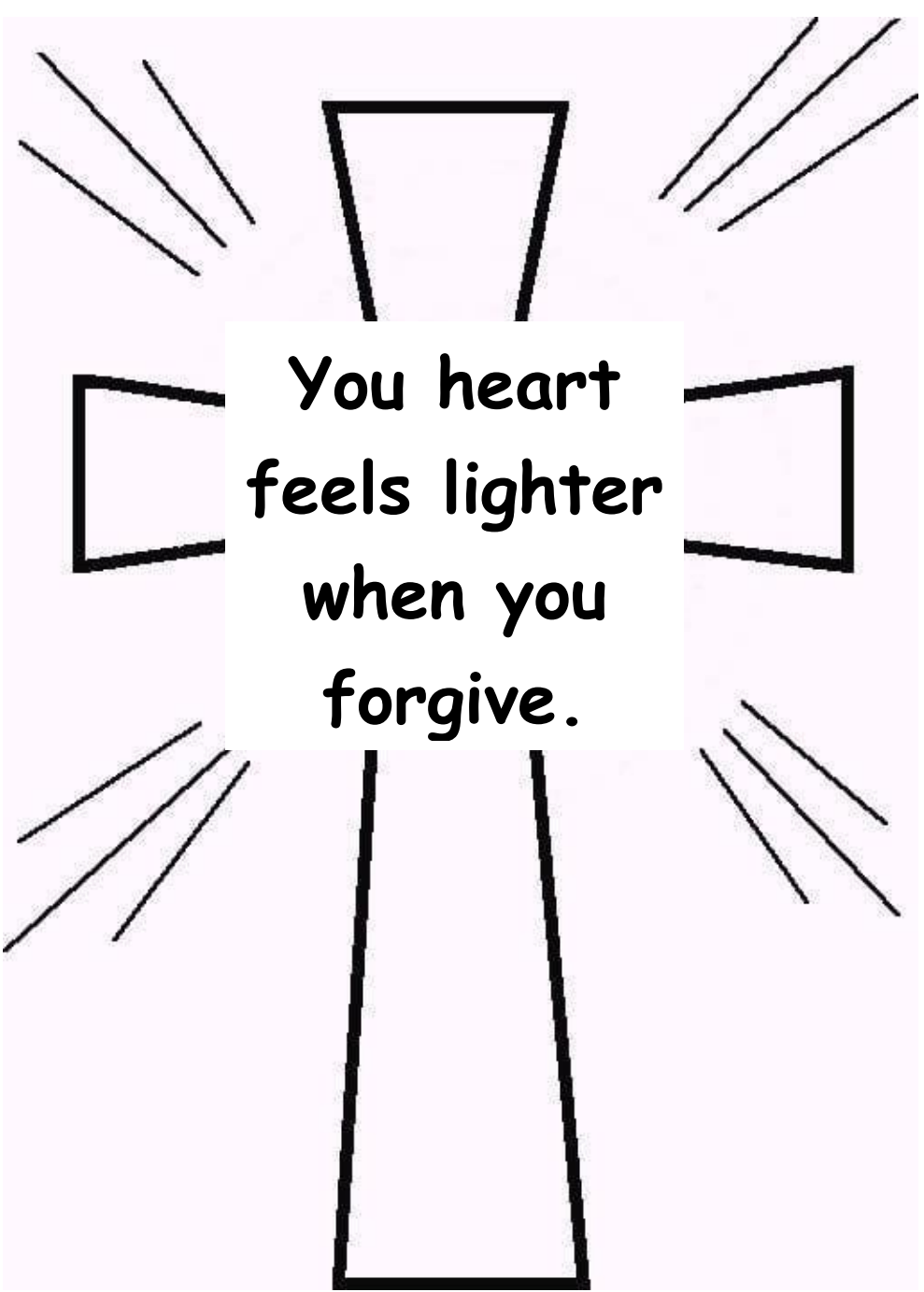
**Forgiveness is
welcoming
people back
into our lives.**

A hand-drawn diagram on a light purple background, identical in structure to the one on the left. It features a central white rectangular box containing text. The box is surrounded by four trapezoidal shapes (top, bottom, left, right) that resemble funnels or light sources. From each of these trapezoids, several thin black lines radiate outwards, creating a starburst effect.

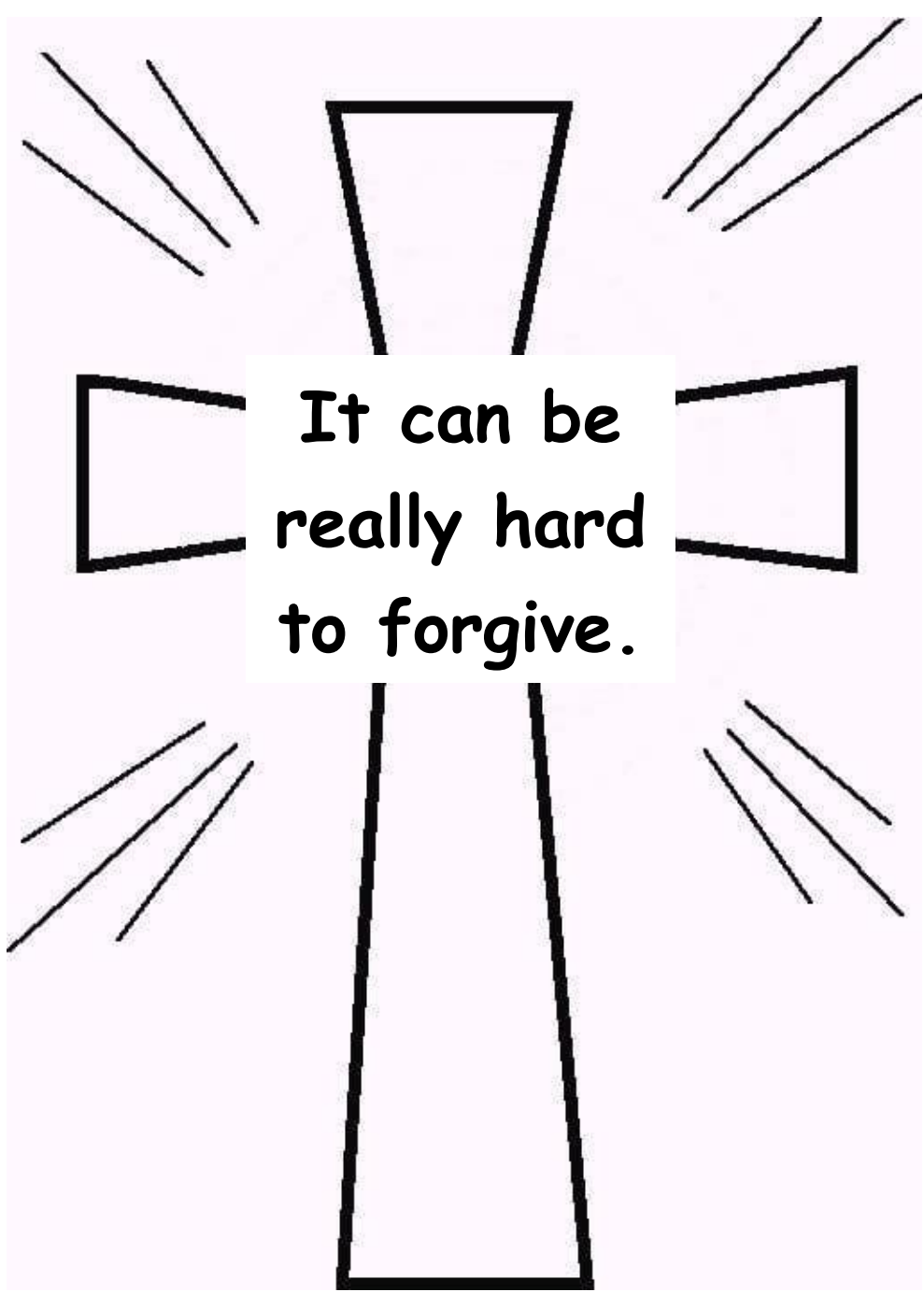
**Forgiveness
is not taking
sides and
saying you
are sorry.**

A hand-drawn figure with a central text box. The figure has a trapezoidal head at the top, a rectangular torso in the middle, and a trapezoidal base at the bottom. Four sets of three radiating lines are positioned around the figure: two on the head and two on the torso. A central rectangular box contains the text.


You feel
better when
you forgive
other people.

A hand-drawn figure with a central text box. The figure has a trapezoidal head at the top, a rectangular torso in the middle, and a trapezoidal base at the bottom. Four sets of three radiating lines are positioned around the figure: two on the head and two on the torso. A central rectangular box contains the text.

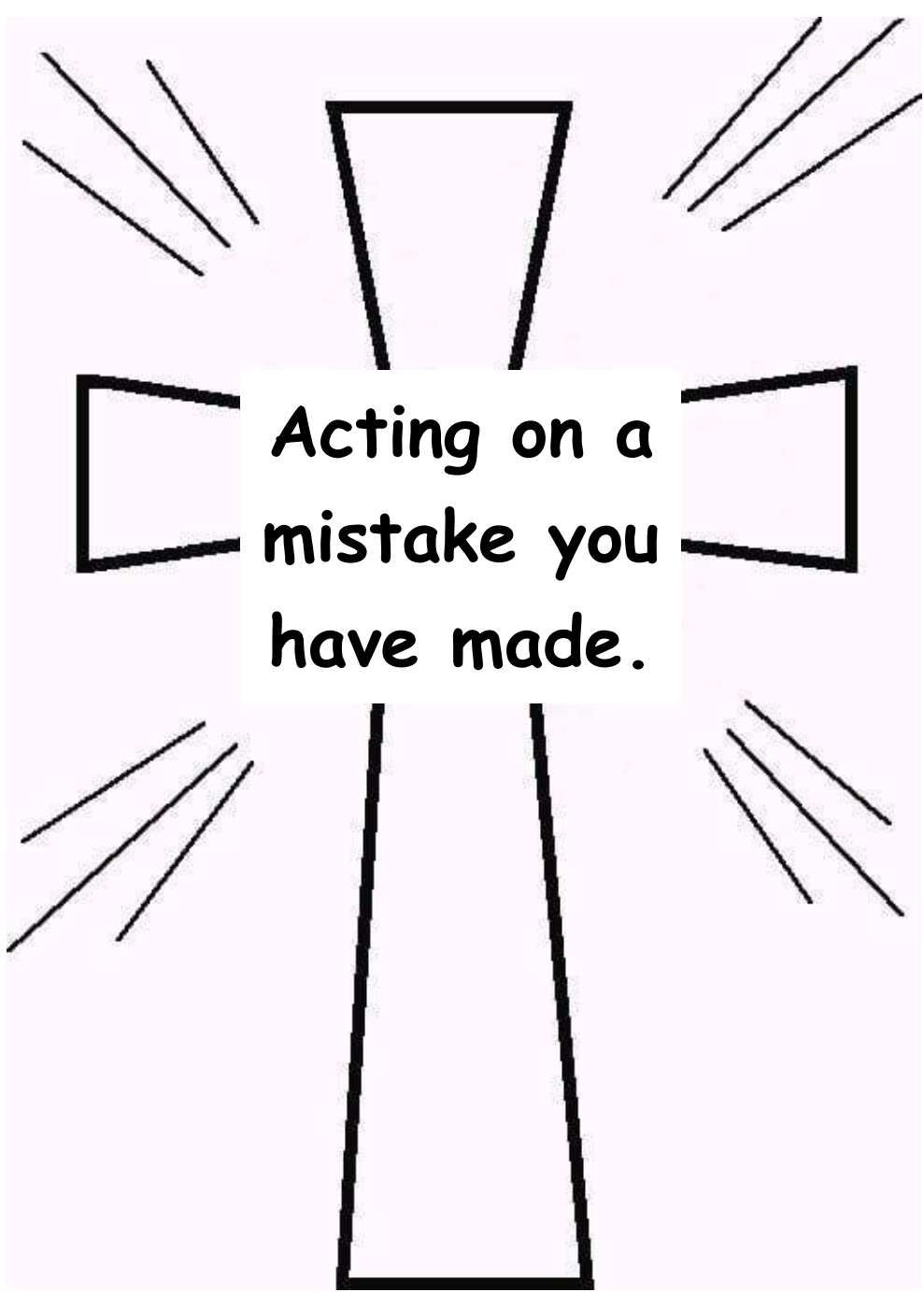
You heart
feels lighter
when you
forgive.



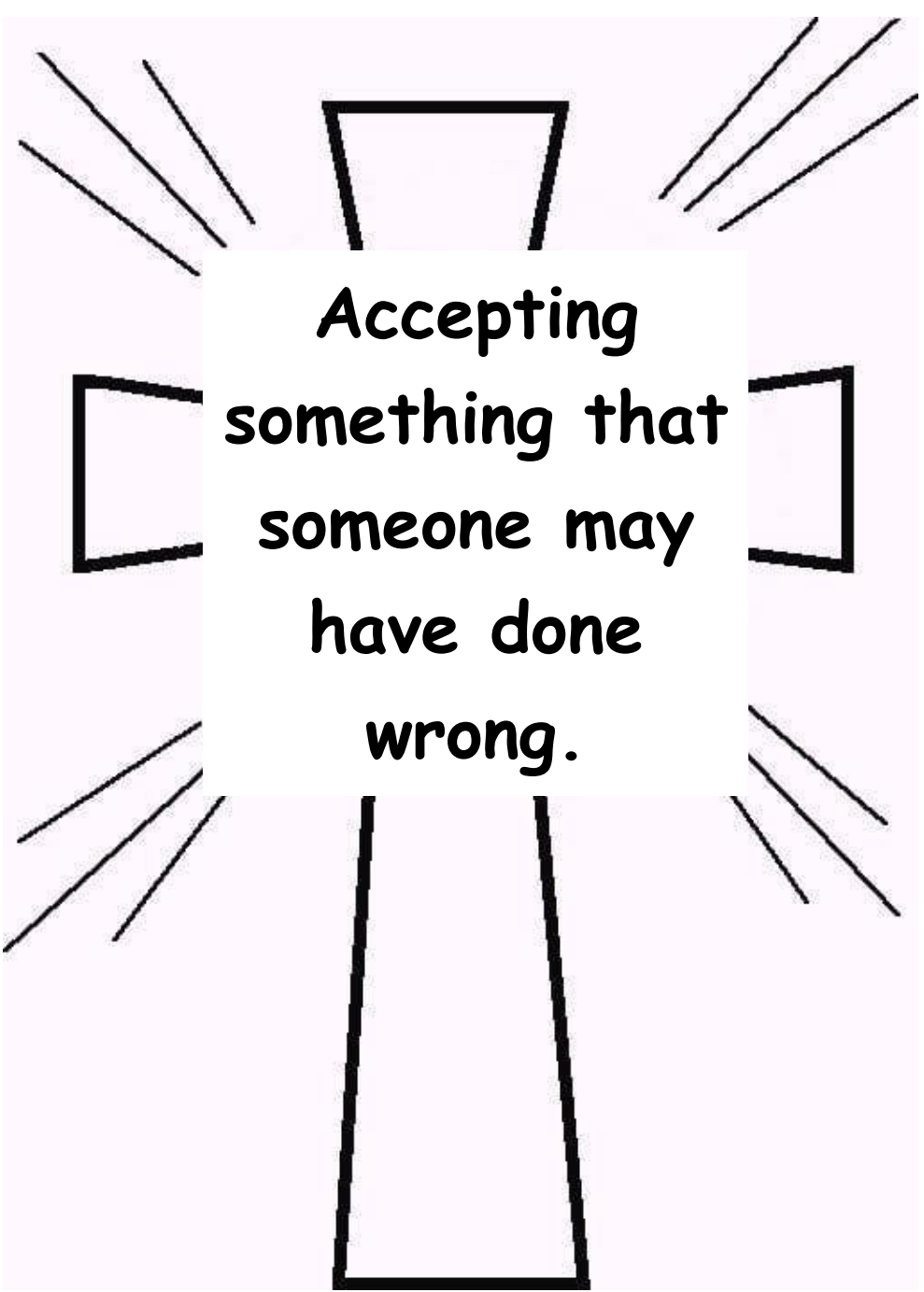
It can be
really hard
to forgive.



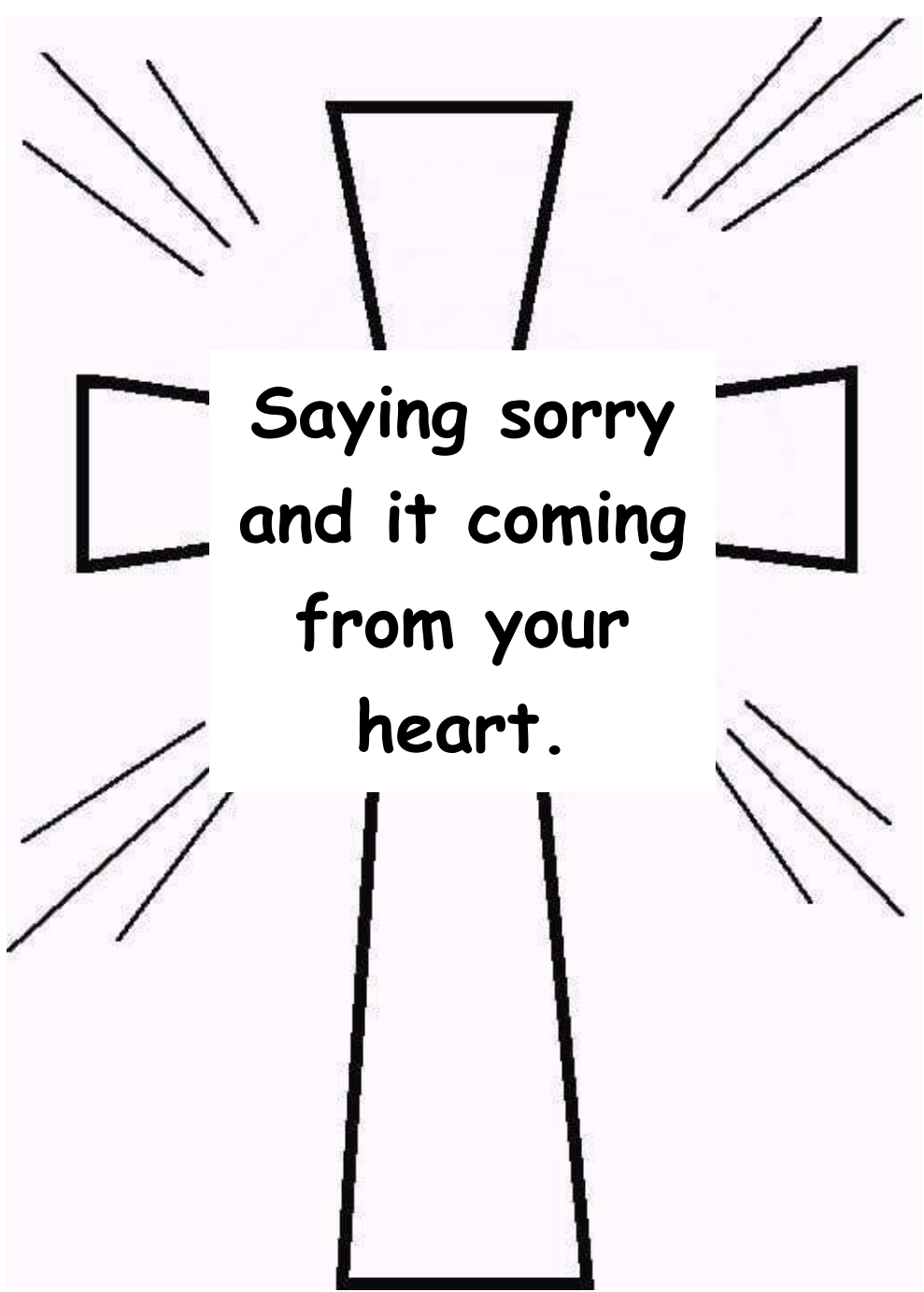
It makes
others happier
rather than
worried you
are upset.

A hand-drawn diagram of a person's head and shoulders. The head is a trapezoid with three lines radiating from each side. The shoulders are trapezoids. A central white box contains the text.


**Acting on a
mistake you
have made.**

A hand-drawn diagram of a person's head and shoulders, identical in style to the first diagram. The head is a trapezoid with three lines radiating from each side. The shoulders are trapezoids. A central white box contains the text.

**Accepting
something that
someone may
have done
wrong.**

A hand-drawn diagram of a person's torso, consisting of a trapezoidal head, a rectangular chest, and a trapezoidal abdomen, all outlined in black. Four sets of three radiating lines are positioned around the torso: two above the head and two below the abdomen. A white rectangular text box is centered over the chest area.

Saying sorry
and it coming
from your
heart.

A hand-drawn diagram of a person's torso, identical in structure to the first image, with a trapezoidal head, rectangular chest, and trapezoidal abdomen, all outlined in black. Four sets of three radiating lines are positioned around the torso: two above the head and two below the abdomen. A white rectangular text box is centered over the chest area.

The longer you
leave it: the
harder it gets
and the
heavier your
heart becomes.