

Degrees of Forgiveness

I appreciate the anger that is expressed by people who have been hurt when some asshole tells them that they need to forgive the people who hurt them.

I deeply and unfortunately can personally understand why somebody who has been gravely harmed by another would reject the idea of forgiveness.

I am walking a spiritual path as part of my healing adventure, and this experience is teaching me about how to be happy.

Because it's human to be an inevitable hypocrite, here are some thoughts about degrees of forgiveness:

It's okay for you to forgive a person who harmed you deeply and still feel happy if they got killed.

It's okay for you to have moments or hours or days of feeling rage about someone who harmed you. Try to be smart and preserve all the good things you have.

When we humans are severely traumatized, sometimes we say and do extreme things.

Speaking from personal experience; I'm tired of apologizing for dissociating.

So I say "fuck it."

I work my ass off every day to be healthy, well, happy, successful and stable. If I go off the deep end for a little while, then that's a whole lot better than going off the deep end for two months.

I hope everyone reading this can forgive themselves and forgive everyone else to whatever degree they have to so they can experience more moments of peace and happiness in their lives.

For anyone reading this who feels they absolutely cannot forgive someone who harmed you, that's okay too. Take care of your heart and keep doing your best.

How to Let Go

I am the last person on Earth who should be writing this passage.

Letting go is not easy.

It is fair to say that I have repeatedly ruined my own life.

Letting go is hard.

I really don't know how to let go.

So here are some ways that I have coped over the years:

I smoked weed.

I ate fried food.

I had sex.

I did nothing.

I did crazy things.

I went exercising.

I watched movies.

I survived.

Today is December 12, 2023

I keep going.

I Am Not a Saint

Many people expect me to be a perfect man because I publicly speak about healing from severe trauma.

I'm a broken mess who has worked his ass off to be a decent kind good person.

Survivors are generally damaged people. So even if we try to be the best we can be, we are not going to be okay all the time.

Please give me a break if I make a mistake.

Please be compassionate to me if I have an extreme reaction or I act weirdly or say something wrong.

I'm a survivor; I'm not a saint.

