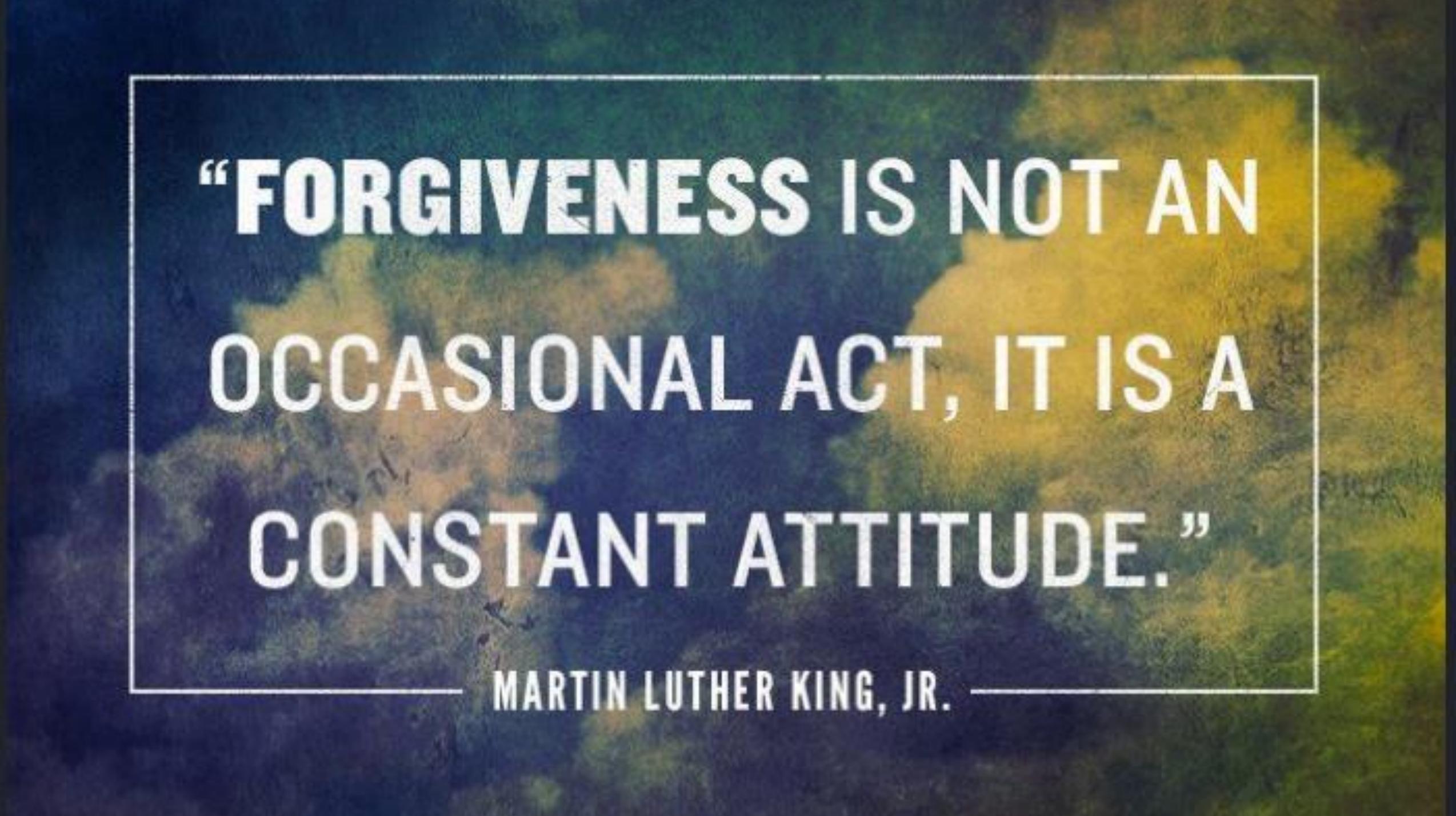


Forgiveness

A Key To A Better Tomorrow



**“FORGIVENESS IS NOT AN
OCCASIONAL ACT, IT IS A
CONSTANT ATTITUDE.”**

MARTIN LUTHER KING, JR.

Forgiveness & Parental Alienation



What is Forgiveness & how does it apply to Parental Alienation and my situation?

- Forgiveness can be broken into two words
- For- *"To do something with an objective or purpose."*
- Give- *"To present voluntarily and without expecting compensation."*

- *Forgiveness is "The deliberate act of giving to someone without the expectation of being compensated."*

A little about me....

How does Forgiveness fit into Parental Alienation and the rejection I get from my kids?

- Forgiveness is the healing tool that gives the clarity to give your child what they need now and, in the future.
- It is the opportunity to show your child how to deal with conflict appropriately yet understanding it is a daily choice and journey to healthy living.
- PA Parents and children of PA experience much of the same things with their feelings to where forgiveness is not even on the radar of healing.
- It is easy to be distracted, regardless of the extreme of parental alienation one is experiencing but shared similar between the child and the parent.

How do I Forgive if I am alienated from my children?

- Forgiveness is a choice to heal and a tool to teach your children for their future relationships.
- So often I hear parents struggling with a custody issue say *“I am doing this for the KIDS”* yet missing out on the legacy they can build.
 - Knowledge- Wanting the current loyalty or just relationship with their kids that they try to share the facts
 - Information- Sharing everything they can in court to defend their case or sharing with others
 - Distractions- Being so overwhelmed by the courts, actions of the other parent, actions of the kids or overwhelmed by the child support
 - Suffering- Being consumed by the pain of being separated from your child/children that depression, anxiety and self-medication and addictions set in just to cope
- Legacy is the long-term tools given to the next generation. Without forgiveness one’s legacy can taint the next generation



What does Forgiveness look like in a PA relationship?
