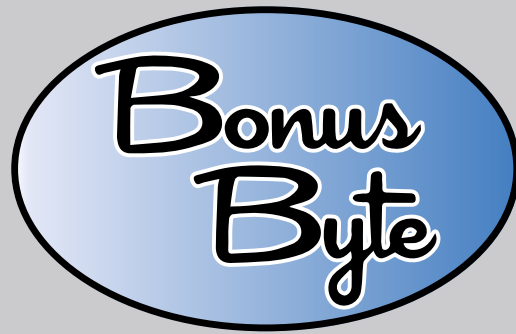


BUD

TO



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Perspectives on Forgiving

PERSPECTIVES ON FORGIVING

by Guy Harris

Many people view forgiving as something that they do for the *other* person. I hold a different perspective.

Forgiving is something you do for you.

Yes, an apology can be a powerful tool for easing another person's anger and for deescalating a conflict, and this value is second to its value to the person who offers forgiveness.

Harboring negative feelings towards another person does nothing to fix the situation and does much to damage the relationship. Actually, the negative feelings give the other person power over the person who is unwilling to forgive. If you want to be a victor and claim control of your thoughts, feelings and actions, then legitimately forgive the other person to let go of the negative feelings and the harm they do to you and your psyche.

One misconception about forgiving comes from a tendency of some people to confuse forgiving and forgetting. You can forgive a person and still remember the impact the actions had on you. You can let go of the negative emotional response and choose not to interact with or trust that person in the future. You can distance yourself from a harmful person without continuing to harbor emotional poison towards them. And, most of the time, you can forgive and move on without worrying about the forgetting part.

Another common challenge with forgiving is that doing so is a sign of weakness. On the contrary, the power to forgive lies totally within you. To use it is to exercise your power. As Mahatma Gandhi said, "The weak can never forgive. Forgiveness is the attribute of the strong."

Forgiving is a decision to release negative emotions so you can let go of the past and focus on the future.

ABOUT BUD TO BOSS

Bud to Boss provides new leaders and organizations looking to develop new leaders with insight, resources and powerful learning opportunities designed to specifically address the challenges of successfully transitioning from peer to leader.

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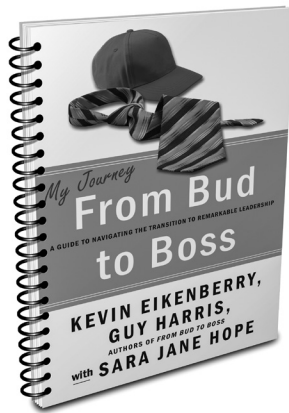
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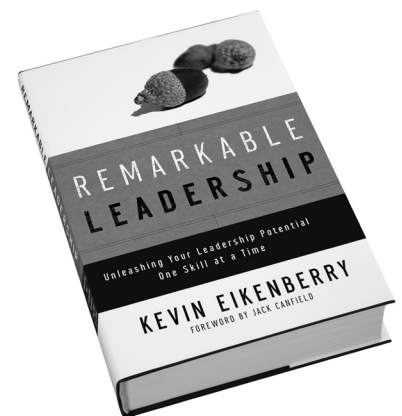


My Journey From Bud to Boss

A companion volume to the From Bud to Boss book, the Journey is a workbook designed to help you apply the knowledge gained to actual work experiences. It includes activities, questions, and exercises designed to take you beyond the concepts introduced to you during the Workshop or the book. And while this book is completely designed to be written in, all of the templates and tools are available in both PDF and Word document form so that you can use them over and over.

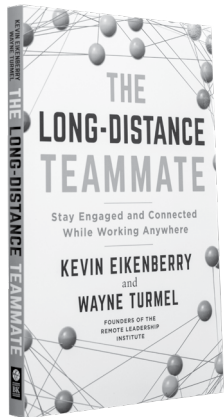
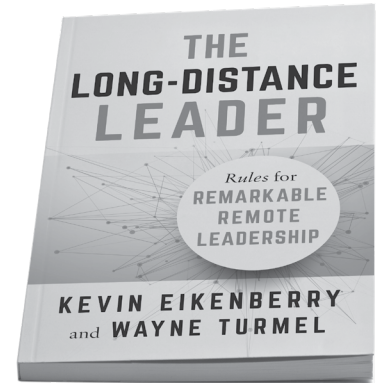
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is a practical handbook written for anyone who wants to hone the skills needed to become a remarkable leader. This book outlines a framework and a mechanism for both learning new things and applying current knowledge in a thoughtful and practical way. It explores real-world concerns such as focus, limited time, incremental improvement, and how we learn.



The Long-Distance Leader

is a practical, candid look at what it takes to lead people, projects and teams in today's dispersed workplace. The book showcases 19 rules for being a remarkable remote leader, and offers practical models, tools, and best practices to tackle the real-world challenges from how we work and communicate virtually.



The Long-Distance Teammate

Written by the founders of the Remote Leadership Institute, this book is the most authoritative single resource for helping remote workers get work done effectively, build relationships that are both productive and satisfying, and maintain a career trajectory when they are not in constant close contact with their leader, coworkers, or the organization in general.

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