

- Forgiveness is the act of consciously deciding to let go of resentment or vengeance toward another entity who has harmed you in some way (whether or not they're actually deserving of that forgiveness).

- Stop feeling angry, resentful towards or wishing to punish (someone) for an offence, flaw, or mistake.
- Forgiveness is the intentional and voluntary process by which a victim undergoes a change in feelings and attitude regarding

an offense, lets go of
negative emotions such
as vengefulness, with an
increased ability to wish the
offender well.

Forgiveness is different from condoning (not seeing the action as wrong and in need of forgiveness), excusing (not considering the offender guilty for the action), forgetting , and reconciliation (being friends again/ returning to the initial relationship).