WELCOME TO

Let Go, Forgive, and Set Yourself Free!

WITH DARIAN SLAYTON FLEMING, LCSW,
CERTIFIED HAPPINESS TRAINER

DISCLAIMER

- Does not subscribe to the medical model
- This is not therapy – no diagnosing in the workshop
- Self-help focus workshop
- Consult Workshop Facilitators for Therapy Referrals

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HAPPINESS

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LEARN KEY CONCEPTS

- ✓The Science of Happiness
- ✓Letting Go of Energy That Doesn't Serve You
- ✓What Forgiveness Is and Is Not
- ✓Living At Ease
- ✓Have fun!

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FORGIVENESS MEDITATION

Release:

1. Resentment
2. Guilt
3. Shame

Experience inner peace and well-being

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Worthington, E. L., & Scherer, M. (2004)

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PRACTICE FORGIVENESS

Ho'oponopono Practice:

- ❑ I'm Sorry.
- ❑ Please Forgive Me.
- ❑ Thank You.
- ❑ I Love You.

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INVITING GRACE

- ❑ Intention
- ❑ Attention
- ❑ No Tension

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FORGIVENESS IS A CHOICE

- Practical and healing
- Decide to let go of resentment
- Offer good will

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Dr. Robert Enright

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ENRIGHT'S FORGIVENESS PROCESS

- Uncover your feelings
- Choose forgiveness as an intentional act
- Cultivate empathy and compassion
- Experience emotional release

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KEY DISTINCTIONS

- Forgiveness does not have to equal reconciliation
- Justice and forgiveness can coexist
- Seeking accountability does not mean you have not forgiven

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BENEFITS OF FORGIVENESS

- Increases hope and self-esteem
- Improved overall well-being
- Healthier boundaries

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PRACTICAL TOOLS

- Journal to process anger and grief
- Clarify values and intentions

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SUMMARY OF ENRIGHT'S FORGIVENESS PROCESS

- Forgiveness is an intentional process of letting go of resentment and finding peace

LOOK FOR THE LESSON AND THE GIFT

- Sentence completion exercise

www.HappyForNoReason.com

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GRATITUDE FOR THE WOUNDED SELF

- Reframe pain as part of your growth

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Adapted from gratitude-based reframing exercises and post-traumatic growth theory

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FORGIVENESS IS A CHOICE

"The forgiveness process can free those bound by anger and resentment. It opens the door to reconciliation. You can forgive and restore a sense of peace and well-being to your life."

- Dr. Robert Enright -

DEDICATED TIME

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CELEBRATE

In closing…

Thank you for making space for experiencing challenges and wins with me today

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