

A Forgiving Love

By Jean MacKenzie

As human beings we often hurt one another, whether we mean to or not. It is natural to think of things only from our own viewpoint and not consider how our actions might harm another. Therefore, we can hurt someone's feeling by doing something as simple as letting the door slam behind us in that person's face, without even realizing we have hurt him or her.

If it is that easy to hurt a friend or acquaintance, imagine how much more easily, and more frequently you can hurt the person you have chosen to spend your life with and with whom you share intimacies that leave each of you vulnerable to being hurt.

The opportunities to hurt each other in a marriage relationship are numerous and can range from apparently minor infractions, such as leaving the toilet seat up on a regular basis or not showing consideration for your spouse's CD collection, to the seemingly unforgivable offence of infidelity.

During good times you both may work hard not to do things to hurt your mate. However, because you are both human, you can easily slip into moments of selfishness where you take each other for granted. Or, worse, if one of you feels that your partner has hurt you in some way you may retaliate by taking advantage of your partner's weaknesses, which you as husband or wife know so well. This can spark an escalating cycle of hurting each other more and more which can lead you to wonder, "How did we end up here anyway?"

It is easy to think that if your partner loved you they wouldn't do things to hurt you. But, if you look a little deeper I am sure you will see that you too are in need of forgiveness. So, the choice is yours, you can choose to store up grudges that continue to harm your relationship or you can choose to forgive and overcome your struggles and develop a stronger relationship.

That is not to say that forgiveness is easy. Forgiveness is a lot of work, but it is hard work that builds strong relationships. If you've made the decision to forgive and you still experience angry feelings, don't give up. Forgiveness doesn't simply end with making the decision; it is a process that is never perfected. You can always become better at forgiving and you can always reach deeper levels of forgiveness.

Forgiveness is a very important step in building a relationship that will last a lifetime. So, think of it as an investment in your relationship and make the decision to be a little more forgiving of your partner today and, better yet, ask your spouse for forgiveness for something you have done.

About Jean

Jean is a marriage and couples counsellor whose approach in working with couples involves the development of techniques for solving current problems and achieving unending growth in relationships.

Jean strives to assist couples of various backgrounds in learning to solve their own challenges because a couple that knows how to problem solve can keep their love—and their marriage—alive forever.

Jean also offers Catholic counselling to couples wishing to incorporate the Catholic faith into the counselling process, helping couples to develop a relationship pleasing to each other and God.

Jean has a Master of Arts in Counselling from the Franciscan University of Steubenville and has trained in marriage and family therapy.

So, if you think that your relationship could use a little help-- or even a lot of help,--give Jean a call today and take that important first step in turning your marriage into a “happily ever after” story.

Where do you start?

Look no further.

1. **Go to www.jeanmackenzie.com and sign up for my free newsletter “Happily Ever After: A Guide to Healthy Relationships,” filled with helpful tips on how to nurture your relationship.** You will also receive the free report, **“10 Tips for Resolving Anger in Your Relationship.”**
2. **Call today for a free, no obligation, 20 minute phone consultation.** We will discuss your problems and together decide how I might be able to help you. I look forward to hearing from you.

Jean sees clients in her office in Fredericton, NB and offers telephone and online counselling. She can be reached at:

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