



You Are Not a Frog Podsheet

Episode 223: What forgiveness can do for you

with Dr Steve Smith

Date

Total CPD hours

EPISODE SUMMARY

Forgiveness is one of the most effective ways to begin healing from trauma. It doesn't mean letting people off the hook, but finally being able to put down that heavy mental baggage.

Forgiveness is a journey, not a one-off act. It's a conscious choice we make, regardless of whether the person who hurt us knows about it, or even if they are no longer alive. Importantly, forgiveness doesn't mean we can't take action – it just means we choose to let go of the bitterness that harms our own mental health.

Living with unresolved resentment can lead to chronic stress, which negatively impacts our mental and physical health. It can rob us of our peace and prevent us from living a fulfilling life.

In this episode, Dr Steve Smith discusses with Rachel the ways in which forgiveness can play a transformational role in our lives. He provides practical ways we can process our feelings and identify who or what we need to forgive.



IN THIS EPISODE, YOU'LL:

- Learn about the transformative power of forgiveness in overcoming emotional baggage and trauma.
- Discover the significant role of forgiveness in addiction therapy and recovery.
- Understand how acknowledging and addressing past experiences can lead to inner healing.

LISTEN

[How to Say F**k it and Become Ridiculously Relaxed \(even about stuff that REALLY matters\)](#)

Episode 130 with John C Parkin

[How to ACT Instead of Stewing on Your Thoughts](#)

Episode 44 with Dr Shani Langdon

[Complaints and How to Survive Them: Preparing to Fail Well](#)

Episode 78 with Drs Sarah Coope, Annalene Weston, and Sheila Bloomer

WATCH

[Watch the video version on YouTube](#)

Episode 223: What forgiveness can do for you



DO

List three things you have learned from this episode which have had an impact on you

Write down what action(s) you will take as a result of listening

Suggest how these actions will make a difference to you, your colleagues or your patients

Write down how you will know that a positive change has happened - what does good look like?



ADDITIONAL RESOURCES

Download [Get Your Life Back](#), our 60 minute reset for overwhelmed healthcare professionals!

Check out our [Beat Stress & Thrive](#) course for busy healthcare professionals!

Find out more about the [Shapes Toolkit Training programme](#)

Check out more free resources from [You Are Not a Frog](#)

Join our Facebook Group [You Are Not A Frog](#)

HAVE QUESTIONS?

[Email Rachel](#) or reach her on [LinkedIn](#)