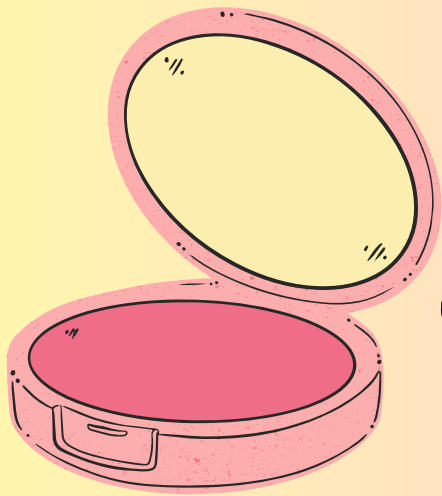


Anatomy of

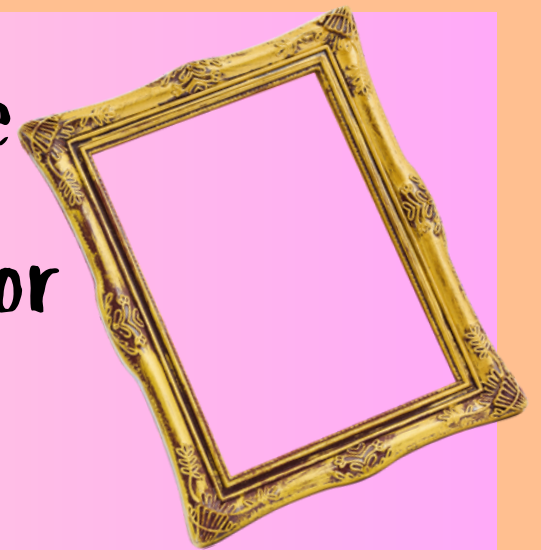
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Forgiveness



Recognize how **you** feel. "I feel angry and anxious and that's ok"

Reframe the experience - forget the blame. Admit you both did your best for the states of mind you were in



Ask for help. Co-create a new behavioral pattern, both sides working on what they can do