

## *This iBelieve Essays*

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### **I Believe Forgiveness Is a Key to Happiness**

**by Lorenzo Caveggia**

Ever since I was little, I always had a natural ability for forgiving people. I've been told that I have a good memory so I remember things people have done to me, but I don't hold grudges on them. I do remember most insults and offenses I experienced, but I forgive and move on. You can't be happy if you bottle up all your anger over issues that came up during an argument or something someone said. Forgiveness is a huge factor in eliminating anger. I believe that forgiveness is a key to happiness. It's like the polar opposite of anger.

Forgiveness comes easily to me. At times I wanted to not forgive someone, but I couldn't help myself. A lot of times when I was younger, I got mad at my parents for punishing me. I would think to myself, "I'm never going to talk to them again." Obviously that was quite delusional to think that, so within in an hour I forgave them. At that time, I didn't even know about the power of forgiveness nor how important it was. All I could do was let it go because mentally I couldn't hold anger over someone because I was more interested in what we were doing next than sitting and pouting.

Back in fifth grade, my friend and I were play fighting when he accidentally fell on my hand. He fell in an awkward, breaking bones in two of my knuckles where the growth plate could be disturbed. Strangely, I forgave him about five minutes after it happened. One reason was because I enjoyed playing more than staying mad at someone. It was as if my mind was forcing me to forgive him. Second, I wasn't willing to get mad and possibly say something to ruin a friendship over a stupid accident.

I can also remember back in middle school when I got stuck with the world's worst most unreasonable math teacher. There had been many parents and students actively protesting his ethics and behavior. The year prior to that year I had received my highest grade ever in math, a 97. Yet with my new math teacher I was scraping by. It took me half the year to acclimate myself to his way of teaching and grading, but I still let it roll off my shoulders pretty easily. He was a really nice guy apart from the grading. It was just his grading policy that nobody could manage, so this made it a lot easier to forgive him. I think my mom still blows a fuse when I bring up his name.

So many beneficial outcomes come from forgiving. If we can't forgive situations, we could miss out on keeping our friends close and feeling peaceful. These things are what make a person happy and feel better rather than to stew in a puddle of anger over previous disputes. I've heard inspirational speakers say that hanging on to anger and hurtful memories could be how the pioneering cell that starts cancer in your body starts. If you don't clean your slate every day by forgiving, then you can miss out on new opportunities to create happiness.

