Forgiveness Part 2
by Erin Peace, LCSW, Therapist

In Part 1 of this blog post on forgiveness, we explored both what forgiveness is, and what it is not based on The Book of Forgiving by Archbishop Desmond Tutu and Reverend Mpho Tutu.

Before providing their framework on how to extend forgiveness, the authors first invite readers to explore how we could benefit from no longer holding onto our anger through the following exercise: They recommend finding a stone, and carving out six hours of your day to hold the stone in your non-dominant hand. Do not, under any circumstances, put down the stone.

At the end of the six hours, Archbishop Tutu and Reverend Tutu ask the following...

Read the rest of Erin’s blog here
Tuesdays, 5:30 to 7:00 PM, starts April 20th

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**Meet A Board Member**

**Bianca Bentzin**

Bianca Bentzin is an attorney for the City of Austin and a licensed psychotherapist. In her therapy practice, Bianca focuses on couples therapy and supports individuals seeking healing from anxiety, grief, loss, trauma/PTSD, and life transitions.

She also volunteers to provide pro bono therapy to active-duty military personnel and veterans.

Bianca is originally from Arizona and lives with her college-age children and their cat, Max in Austin, Texas. She graduated with her undergraduate degree from the University of Arizona, her law degree from Drake University and her master's degree in marriage and family therapy from Northcentral University. Bianca enjoys backpacking, traveling, true-crime and brain science podcasts, and cooking for a house divided (vegan and meat-eaters).

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Make sure to enter the code GIVEBACK-1G4H4 at checkout and 20% of the proceeds will benefit Samaritan Center.
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Mission
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