



# 7 STEPS BY STEP: How to Forgive a Deadbeat Dad

## Why Forgiveness Matters

*Forgiveness Is for You, Not for Him*

“Forgiveness is not about excusing the hurtful act, but about releasing yourself from the pain it causes (Luskin, 2002).”

Identify specific losses from your father's absence to process grief and begin healing.

### 01. Acknowledge Your Pain and Losses



### 02. Understand Your Dad's Possible Reasons (Without Excusing)

Mourn the father you needed but didn't have through journaling, therapy, or trusted conversations.

View your father as a flawed human shaped by his struggles to foster empathy without excusing neglect.

### 03. Allow Yourself to Grieve the Relationship You Never Had



### 04. Release Resentment Through Journaling, Therapy, or Talking

Forgive consciously for your own peace, freeing yourself from the control of past hurts.

Express anger and pain constructively via unsent letters or counseling to diminish negative emotions.

### 05. Choose Forgiveness as a Gift to Yourself



### 06. Set Boundaries and Redefine Your Relationship if Applicable

Nurture self-esteem, pursue goals, and build healthy connections to unlock personal growth.

Establish clear boundaries to protect your emotional well-being and define the relationship you want.

### 07. Focus on Rebuilding Your Own Life and Relationships



Visit <https://ositaibekwe.com/how-to-forgive-a-deadbeat-dad/> for Complete Step-By-Step Guide

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