

STEPS BY STEP: How to Forgive a Deadbeat Dad



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

View your father as a





Understand Your Dad's Possible Reasons (Without Excusing)

flawed human shaped by his struggles to foster empathy without excusing neglect.



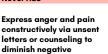
Mourn the father you needed but didn't have through journaling, therapy, or trusted conversations.

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04.

Allow Yourself to Grieve the Relationship You Never Had

emotions.





Release Resentment Through Journaling, Therapy, or Talking

> 05. Choose Forgiveness as a Gift to Yourself



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

06.



Set Boundaries and Redefine Your Relationship if Applicable Establish clear boundaries to protect your emotional well-being and define the relationship you want.

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