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Forgive Yourself

It's easy to forgive the faults and failings of our friends,
For love makes it so simple if some word or deed offends.
We try to understand them, for we know them inside out,
And if we love them very much, we cannot blame or doubt.
It's just a little harder to forgive an enemy,
Or someone who has censured us or done an injury.
It's hard to overlook it and be loving, sweet and kind,
Although we know we've got to, to preserve our peace of mind.
But to forgive yourself! Why that's the hardest thing of all,
We all do things that we regret; the strongest sometimes fall.
We call ourselves all sorts of names; how angry can we get,
With self-reproach, and worrying, and useless vain regret.
Yet when we whip ourselves like this, we break our forces down,
It robs us of our self-respect, turns smiles into a frown.
If God forgives us, surely there is nothing we can do,
We've seen our fault and paid the price and learnt the lesson too.
So banish it this very day and cast it from your heart,
Forgive yourself; forgive yourself! And make another start.

—Patience Strong.

There's always something nice about the people whom we know
If we take a bit of trouble to encourage it to show.
There's always something interesting that isn't seen at first
Even if at times we seem to know them at their worst.
And so we ought to aim to fetch the best part to the fore,
To search through different characters to find the hidden store,
So that we always see what is most likeable and kind
And draw the best there is from every passing type of mind.

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