



Forgiveness is more than letting go—it's a powerful path to freedom, healing, and love. Bill Courtright and Eddie Reece dive deep into the meaning of forgiveness, exploring why holding onto anger and hurt only harms ourselves and how true release begins within. Eddie, drawing on his work as a psychotherapist, explains why forgiveness isn't dependent on apologies or justice from others, but rather on self-kindness, grieving unmet expectations, and choosing emotional health. Together, they unpack the stages, struggles, and courage it takes to forgive, showing how this practice transforms pain into growth and opens the door to deeper love.

Watch the episode here

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Understanding Forgiveness As A Path To Healing And Freedom

Welcome back to our episode. We have an amazing conversation to share with you. Eddie and I have been preparing for this particular podcast for a few weeks now. We began brainstorming new topics to bring to our audience's attention while we were looking over the last few years' work and what we've already recorded.

It was actually a little bit surprising to us both that this specific topic, although discussed in parts of other episodes, never had an episode of its own. Eddie and I sincerely agree, believe that it warranted its own episode. Without any further ado, our episode focuses on a very important topic. That topic certainly evades me at times, but that topic is forgiveness. I think anyone listening or viewing this podcast knows that a simple Google search can show you quite a few memes and quotes, and some are powerful and some are emotional, and some are profound.

What was more important to me and the reason I went into this episode with such anticipation, because I really wanted to understand how Eddie views forgiveness and how his view impacts his practice. I can personally benefit and talk about how, but I can certainly benefit from a better understanding of forgiveness, why it's important, what can be learned from it, and how I can benefit.

Why Forgiveness Matters More Than You Think

Eddie, why is forgiveness important?

I'll backtrack a little bit because I heard you say we are prepared for this, which in my mind is not true. Except that prepared means we pick the topic before we record. That's our preparation. If you haven't watched podcasts where we talk about this, our preparation is to come online and talk for a while, and then the topic appears. This was the first time we picked a topic.

In fairness, we did that because we decided to do some other things in that scheduled window. We're like, "That'd be a cool topic. Before we get to that, let's handle this and this." We're like, "We'll just get to this next week." You're right again. We hope that the impromptu stream of consciousness, genuine conversationality comes through when we recorded because I have no idea what Eddie's going to say, and he has no idea how I'm going to react.

I don't either. I never do, most of the time. Forgiveness is important because it's another form of healing, and the more you heal, the freer you're going to be, and forgiveness is a terrific concept in terms of helping to free you. Not forgiving someone means you're hanging on to an awful lot of emotions that you're really not going to be able to process. You're not going to be able to work through them. You're mad, you're hurt, you're sad, you're maybe vengeful. You're all these things that you carry around with you. Quite often, the person that you would be thinking about forgiving doesn't even think about it. One way to think about forgiveness is that you really are doing it for you, not the other person.

The Prisoner You Set Free: A New Perspective On Forgiveness

I read a quote once, and I pulled it up so I don't mess it up, but it was it closely resembles what you just said. It is "To forgive is to set a prisoner free and discover that the prisoner was you."

Very much so. It is, again, it's all the things you're carrying that you generally are just regurgitating. You're not moving through, so to speak. You're just running the same things over. Why would they do

that? Why did that happen? I put myself in that. You're just running that stuff over and over again. That's what traps you in it. Forgiveness is the way to come out of that.

That certainly makes sense. I don't want to make any assumptions, but I'm curious if there's a process, or I'm thinking in terms of myself as the only thing I can do. Typically, in my life, when I feel wronged or hurt or misled or taken advantage of or anything that makes me feel less than good. Like, "This is not right. I'm hurt in some way, and I'm wronged." To the degree that wrong or that hurt, I **feel that hurt or that manipulation or that misleading, whatever it is, there exists in me almost a barometer of that pain and that trauma and that anger. I don't know what you're going to say, but I guess the level of anger, the level of trauma, the level of hurt, maybe should have no bearing on whether or not I forgive, but I'll be honest, it does.**

I tend to find myself holding on to the things that are the most hurtful and the most damaging. That just seems counterproductive. If you could share with me personally, and hopefully the audience will benefit a little bit, about what the process might be like from the moment someone like me is hurt. What are the stages that I'm going through? Where do I get to a place where I can forgive? How do I know it's time to forgive? Where do I go to learn how to forgive?

A few things here. Forgiveness isn't something that you grant. It's not like you have some certificate and you post that up or give it to the person or people. There is a process, and that process is not linear in any way or form. It's not the same for people. Often, there's no end because most people, we've mentioned this before in other podcasts, whatever the issue is that a client comes to me for, they come in with this very Western ideal, Newtonian physics ideal. I have a problem. Show me how to solve it, fix it, so that it's gone, and then I move on.

Tweets: Forgiveness isn't something that you grant. There is a process, and that process is not linear in any way or form.

There's not a whole lot that's going to fit that. Working through forgiveness is one of those things that you're going to go through a number of different things depending on maybe how deeply damaged you feel and the beliefs that you have about what has to happen. Most issues people deal with, we have this set of beliefs that says these things have to happen. Quite commonly in a forgiveness situation, they have to apologize. They have to admit their wrongdoing. No, they don't. Again, the forgiveness is for yourself, not for them.

The Quest For Accountability: Why We Demand Apologies (And Why We Shouldn't)

You're so right. Why is that? Why do I seek that accountability? Why do I seek that recognition?

It could be all sorts of different reasons behind that, depending on the person. Generally, it's going to be something along the lines of "I want an announcement from this person. I want to hear outwardly and so that I can at least make it public that they admitted their wrongdoing. It can get to not only admit it but also feel a deep sense of remorse. I want them on their knees. I want them crying and to the point of begging for forgiveness."

If you're going that direction with it, what that really is about is your demand to feel superior to the other person. Generally, in a situation where you feel hurt, wronged, whatever, that person had a sense of superiority. That was a piece of how the damage was done because the relationship was not being looked at or operated on the idea that you share power. It's not a good idea to go, "I have to feel superior in order to forgive." That's as messed-up a concept as there is around forgiveness.

Again, I don't make sense of any of it when you're hurt, you're wrong, you're struggling, you're suffering. We're all looking for peace, but you touched on something that made me think, which is that there certainly is a level of reciprocity that we seek when it's like, "I've been in so much pain," or "I've been hurt so much," or "I'm suffering so long." It's affected me to such a degree that I need you to get hurt. We want to see you at least acknowledge and empathize.

Quite often, you go, "I've suffered this much. I want you to suffer that much."

We don't say that, but I think you're right.

I think that's exactly what I mean. When it comes to parental issues, "My mom, dad mistreated me. They didn't love me the way they should have." However, that might be framed as virtually everybody wants this moment where a parent or parents go, "I've now realized how wrong I was, how I've mistreated you all these years, and I'm so sorry." That would not be enough for most people. Again, they almost want them to be in pain for a while.

I'll tell a client, "Let's say somehow a parent really realized that, and you could tell that they did." They're very sincere in their apology. What do you think your reaction would really be? Most of the time, they're like, "I don't know." I say, "Here's a guess." A guess is that you'd be really pissed and that it would be, "Now you want to apologize? Really?" Again, you're not looking for the relationship to heal. You're looking for retribution. That's going to get in the way of forgiveness.

Now we're getting somewhere. I agree with you. I feel that I personally cannot speak for the audience as a whole, but I definitely understand. I'm reminded of the saying "Hurting people hurt." Meaning, as I'm hurting, I project this negativity or hurtfulness. It's a sense of belonging to see, "I don't know where it comes from," but you're right, there is no doubt about it. There's some vengeance. As I said, I use the word reciprocity, probably not the best word, but there's this sense of it's not enough that you acknowledge it. Let me ask you this. What do you say to someone who is struggling with forgiveness and they reference a half-hearted apology where they say, "The person gave me this half-hearted apology," where they're like, "I'm sorry you feel that way."

"I'm sorry you were hurt by that other one."

It's very aloof. It's very much like, "I'm so sorry, you're struggling."

Again, the person who wants to offer forgiveness is looking for the other person to feel, be a particular way before they can forgive. That's just not a good way to go about it. I think you can. If the other person is willing, and somehow you would have to know that to be part of your forgiveness, but they absolutely do not have to.

I think in terms of really terrific personal development, it would be better if they not only didn't participate, but they didn't care, so that you would have to look at your demands that need to happen before you forgive. What you're really saying in that situation is, if this doesn't happen, then I'm not going to forgive, which means I'm going to carry this crap around with me for the rest of my life and let it eat me up from the inside. I would rather do that.

Really? I mean, that's the result. Thank goodness you're you're you do what you do, because what you're describing is the reality which is "Yes, we're suffering, we're dealing, we cannot get any satisfaction, we cannot get any peace, we're never going to hear what we want to hear, we're never going to see what we need to see, and so therefore, we continue to carry this baggage, this weight, this issue and concern, and I get angry even thinking about how much pain I've been in." That's all true. You and I are talking about this, and I've been saying, "I've been waiting for years for accountability and empathy and an apology. I've never gotten it, therefore I'm just seething." How do I free myself? How do I let that prison?

You start with grieving the loss of all that time you've held onto this and demanded something that you're not going to get, which is one of the best lessons in life there is to learn. You're just not going to get everything you want. To demand that you get something that you're not going to get is not a good way to live. You're going to have to forgive yourself for doing that to yourself. Forget the wrong someone else did wrong. You've done wrong to yourself.

Tweets: To demand that you get something that you're not going to get is not a good way to live. You're going to have to forgive yourself for doing that.

You're going to need to be forgiven for that. We could start there, which goes along with my one-trick pony thing of "You're going to have to be kinder to yourself." That's where that's where all this goes to. Forgiveness is being kind to yourself. It's not about being kind to the other person. It can be, but not really, because there are situations where they don't care. If they do care, that means that they've learned to be kinder to themselves and to you, and they want to let that.

Tweets: Forgiveness is being kind to yourself. It's not about being kind to the other person.

Forgive Yourself First: The Overlooked Key To Letting Go

I think you're touching on a nerve again, as you do, which is part of my anger or my discontent, is the result of my allowing myself to get here, like to have such an attachment and such a dependence. "I'm 50 years old and I'm still dealing with six years over this. What the heck? I have to take responsibility and accountability for my own peace." I think that is what I'm hearing you say. I've never said that. I've never put it in the terms of forgive yourself, kind yourself, kindness to yourself, or acknowledgement. As you're saying that, I'm almost like, yikes. I did put a lot into that.

Most people will go from there too. I'm just supposed to let them off the hook. I'll go, "No, you're supposed to keep them on the hook and keep jerking that hook in them." Is that, "What do you want? I mean, come on.

I hope the first time somebody tunes into our YouTube, it's not that jerk emotion.

Jerking off that hook. You've got to begin to see what it is you're doing to yourself. That to me is a huge issue in terms of your original question of what's the process? How am I approaching forgiveness, and how do I get in my own way? Once you see that, then we can begin to change how you're doing that and learn a different direction to take. To get into it a little more, forgiving is like grieving.

Tweets: Forgiving is like grieving.

If you go back to our podcast on grieving, it's a process that involves all the human emotions. You're going to be really mad. You're going to be oh really hurt. You're going to feel this sense of maybe a loss of innocence. You're going to feel that loss. There's grieving involved and forgiving. You want to process with somebody who can hear those emotions and not try to change them. Of course you're upset, of course you're hurt, of course you're angry.

As you go through that, to see what you're hurt and angry about, to see what beliefs are behind those emotions, because some of those may need to be changed. A lot of times, they're talking about how mad they are at the person. When we start to explore that, you find out that being mad at the person, it has become more about being mad that they won't admit they're wrong and come and do that publicly, and do that, bowing down to you, and "I'm so sorry, you're mad about that."

Again, you're going to start. Let's look at your belief system that is again in the way of being forgiving, because that's in the way. You're not going to be able to get to all of the losses that have come your

way, either because of what happened and because of your reaction to them and what you're demanding from them. You're processing these emotions.

Again, you have to be very aware that there's no linear line of "I'll feel this and then this and then that, then I'll be done." You're going to feel different things. You're going to feel the same things over and over again. You're going to feel them about different pieces of it. There's always a lot to explore. You have to forgive me for my voice. It's shot again.

I certainly forgive your voice, but I'm reminded why you give that explanation of our episode about rage and that helplessness, hopelessness, and powerlessness. Anytime we talk about another person's behavior, I don't know how you could be anything but powerless. It's very difficult to affect the behavior of others.

That's a great point because feeling wronged by somebody is going to have that element of, "I feel powerless in some way." That's why I'm saying that it's going to feel like they're taking a one-up position that they can do this to you, and you're not going to stop it. You have to learn that the answer is not to take that one up on them. The answer is to share that power, that part of it, not only is not necessary, it's not emotionally healthy for you to do that. See, there aren't too many situations in your life where overpowering is the answer, and like your life's being threatened.

Personal Growth and Forgiveness: Unlearning Old Beliefs

That makes sense. Let me see, as we talked about at the top of the episode, forgiveness, and it implied that the way we started the episode that we understood that that was the issue. I'm going to flip this a little bit. Perhaps there are people, me or anyone else, who are suffering, and it takes you as a psychotherapist, a little bit of, of maybe understanding to realize that it's forgiveness that is the issue.

I guess my question is, do you find yourself, while practicing, having people come in who are listing a number of ailments, so to speak, and through a little bit of understanding, you're able to determine that really what they need is an exercise in forgiveness. Is it possible for someone not to realize that that's the issue, and through good therapy, you realize that that most likely is?

There's personal growth will always involve forgiveness because we just cannot help being upset that it took us this long, however long that might be, to learn this. Pretty much, it doesn't matter what age a client is unless they're really young. I'm going to get some version of, "I wish I'd talked to you ten years ago. I wish I'd learned this 10 years ago, 20 years ago, 40 years ago." You're going to have to forgive yourself for not learning it 40 years ago.

Part of that is you're going to be learning that there's nothing to forgive, that it took you 40 years. It takes whatever it takes. You didn't make a choice along the way of going, "I could know everything. I'm going to learn in therapy years from now, but I'm going to choose to just stay ignorant of that and continue to do what I do for 20 more years before I go to therapy." Nobody did that. We don't make those kinds of choices in our lives.

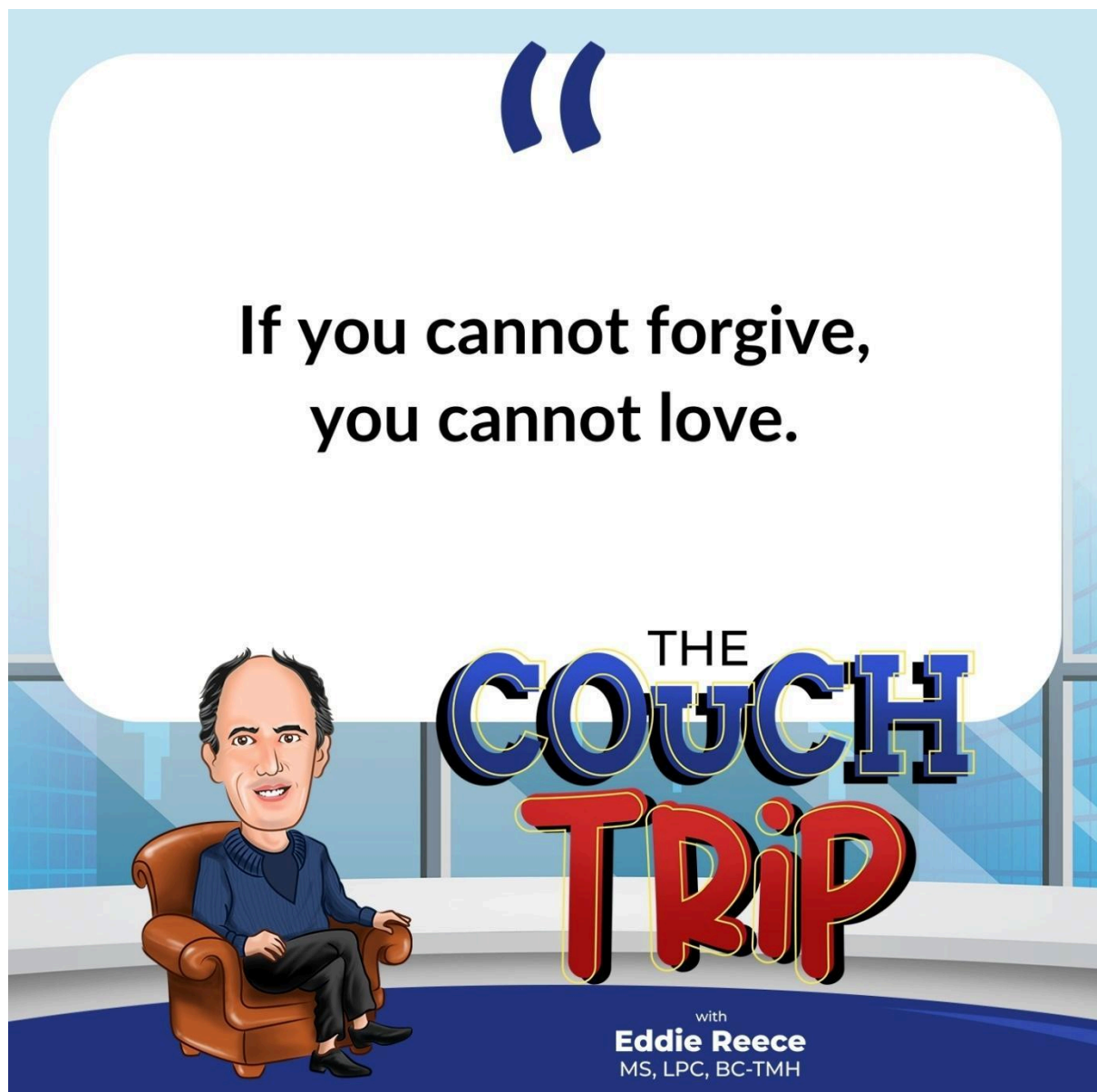
We choose the best we can choose. Even if we know it's wrong, for whatever reason, that's our best choice in life. You couldn't have known what you don't know, so in reality, you don't really need forgiveness, but you do need to forgive yourself for believing such things for so long that you mistreat yourself. You should have known better. You couldn't have known better. Another element, before we run out of time for forgiveness, is a big part of that is going through the process of forgiveness is also learning more about what love is.

Tweets: Going through the process of forgiveness is also learning more about what love is.

The most dramatic example of that, and I've heard so many of these stories, to when some child or teenager murders another child or teenager. The mother of the murdered child winds up befriending the murderer. I remember in one story, I wound up adopting him and said, "This is my son, let's forgive this," which is love. That's love. If we really believe in love and that love really is the way to be with other people, to love them, then that's what that would lead to.

I was fortunate enough to meet with John Lewis a couple of times. John, my wife was with me. That's a lovely conversation, and he told me the story of the guy who beat him at the Pettus Bridge coming to see him. What that must have been like for both of them, really. I got a sense of what it was like from Representative Lewis, but for the guy who did that, I almost killed him.

He killed him out of hatred and to realize the mistake he made, and come and ask for forgiveness, and John said he told him, "I forgave him a long time ago," because that's the way he is. That's what you do, and you do it for yourself. A woman who's going to adopt the murderer of her son says, "I've got to keep loving." That's just it. You don't want to become someone who cannot love. If you cannot forgive, you cannot love.



Darkness Cannot Drive Out Darkness: Embracing Light And Love

I'm reminded of the John Lewis story of Representative Lewis, as well as that anecdote is the Martin Luther King quote, which is, "Darkness cannot drive out darkness. Only light can do that." You could replace light with love. I think it's a similar sentiment, certainly. That's what I got from that, which is such a beautiful thing. When you think of that darkness cannot drive out darkness, it's only light that can do that. It makes you think, "Am I just proliferating that darkness, like by being dark?"

That's the choice that you face in a situation of "Can I forgive? I want to forgive, but I cannot." The wrestling with that, you're wrestling with all the existential things of darkness and light, good and evil, if you want to think about it that way. It's love or not loving. It's not a stretch at all to say that the process of forgiveness and learning to forgive is the process of learning to love. Can you love yourself? Even the other person and it's not the love that means you have to go and adopt them.

You don't ever have to have anything to do with the other person, which is often enough a true act of love for yourself that you're going to keep yourself away from someone who would hurt you again and not have a second thought about it. A wrong approach toward forgiveness keeps people in those kinds of relationships to where they go back to somebody who will hurt them again and just not care. There is no set formula of, "I'm going to forgive them. Here's the end result of that." We don't know what it's going to look like. We really don't.

You might not know what it's going to look like, but what I'm hearing you say, at least what I perceive you're saying, is that there certainly is an element of courage. There certainly is an element of strength that I would imagine you help folks with, because the type of forgiveness that you just cited with the mother who had lost her son is not normal. I'm not saying it's impossible. It's clearly not. There's an example of it, but there's a tremendous amount of love and tremendous amount of courage and tremendous amount of strength. It's an amazing example, but it's not an everyday colloquialism by any stretch. It's a rarity. I think I'm a pretty strong person, but I'm struggling. My suspicion is that people struggle with this, and that's why you're talking to us about it.

To do, but don't put it in terms of strength and weakness. That's another thing. I explained to people that strength is "I can pick this up, so I'm strong enough to pick that up." What you're really meaning to say when you talk about strength is that you are willing to learn what you need to learn about yourself emotionally to face these things head-on. That does take some courage simply because we've been so misguided about what that means.

Once you learn that you're going to be better off if you do that, and I can use myself as an example, it doesn't mean that if I realize, "Here's another pretty good size issue I'm going to have to face," it doesn't mean I celebrate and go, "I'm going to do that." I don't shy away from it because I know the benefit of it, and I know the damage if I don't.

That's what you're really choosing between. That can take some courage, but again, it's misguided. I think of, I like World War II stories, the human interest stories of them. I think I got to stand on Omaha Beach and think of these eighteen-year-old kids trying to get across that beach. You go, "Boy, it's some courage." Yeah, but what choice do you have? Is it really courage if you go, "Do this or die here? Let's not die on this beach."

That's just survival, man. There's no reason to really debate what courage is about here, but just know that forgiveness involves learning to love. I hope that motivates you a little more to go find out

what's in your way. If you're stuck, it's because you don't know something you need to know, or you're trying to do it in a way that's not going to work. That's a really simple definition of therapy.

That was very powerful.

I'm going to sit with a client, they're going to tell me something, and I might, if I feel like I can get away with it early with a client, it's because you're doing it wrong. If you do anything wrong, it won't work.

It'll give you an outcome you're not expecting.

Let's learn to do it right. Still with the emotional part of it and how that works, that you can love.

The Shield Of Hurt: Unpacking The "Benefit" Of Holding On

Again, you say things and I hear you, and I think, and when I just got slapped in the face with fear, which is like, "Let's operate in the future. I'm with a good therapist, I'm learning how to deal, and I'm learning how to do it a different way. It's better for me long term. I'm able to forgive."

Immediately, I got struck with this fear of, like, "Then what?" Maybe so much of my personal circumstance is tied up in this fear of what you so eloquently said was, "We don't want to get hurt again." There's almost like a defense mechanism, like "I'm going to hold onto this," and this is just a silly perception in my opinion, but it's how I feel, that I was almost like I'm holding onto this as a shield.

That makes all the sense in the world. You're bringing up a good point. I'll ask a client about anything. I'll go, "Tell me what the benefit of what you're doing is." They'll say, "What do you mean?" I'll go, "Humans don't do anything without believing there's a benefit." "In your wildest dreams, what's your benefit?" In this case, your benefit is that it keeps me away from the person. It keeps me from getting hurt again.

My answer to that would be "No, nothing, because you're hurting yourself every day." If you just went and got involved with this person again, you might get hurt every once in a while, but right now you're getting hurt every day. The benefit you're looking for, if we closely define it, I don't want to be hurt by the other, okay. If you're going, don't want to be hurt, and while you're failing miserably at that, that could be a whole other episode of how we actually believe there's a way to live our lives and not get hurt.

That will be a future episode. This particular person's attachment isn't to being hurt. I believe in healthy risk. I believe in vulnerability. When you do that, it's not always going to work out. When it does work out, it's beautiful. I would not want to give up on that possibility. I've learned so much in this episode. The tethers to love and learning how to love and loving yourself and forgiveness of self and the masochism of continually carrying this bag of bricks and hurting myself every day.

It's certainly a new perspective. I guess it's one of those things that I didn't know. I was pretty transparent in my journey of the feelings of helplessness and the reciprocal feeling of wanting to see them hurt. Again, it's a case study or microcosm of what this must be like for folks. If I can be an example, I'll keep coming back and sharing with you. In reality, this specific journey of forgiveness has not been resolved. I don't know when it's going to be resolved, but if it could be resolved, then I feel like I'm empowered knowing that it's up to me, which is encouraging.

The message I would give someone, and I'd love to hear your commentary, is if you're waiting for a specific event or occurrence or words or phone call in order to forgive, there's a sense of powerlessness in that because I cannot control that. The idea that you're saying, "You don't need that. I can teach you how to get that and fully control that process yourself, or at least the

influence that process yourself." Control is not the right word, but that is an empowering thing, isn't it?

Yeah. That's very much what it's about to help you learn that there are a lot of things in life you cannot control, but your reaction to things is one of the big things in life that has huge payoffs of examining that and examining your reaction that you're framing as, "I just cannot forgive them." If a client said that to me just like that, I'd say, "Yes, you can." They'll go, "No, I cannot." I go, "There's no physical, mental, or emotional possible way. You got some brain damage around forgiving. Tell me why you cannot. As long as you say that, then you're going to be right. I will argue with you as much as you'll let me, you can."

Just not ready to.

"You might very much be ready to, or you wouldn't have brought it up." If you like, "No, I cannot forgive them, and there's no reason to talk about that." You wouldn't be talking about it. Some part of you thinks you can, and I'm going to agree with them. You want to learn how.

That's the golden question.

If you want and if I'm wrong and you cannot, then I'll go, "You're the first person I've ever met in the history of humankind I've ever read about, the only thing about that I couldn't forgive somebody." Every other case it's wrong.

Challenging Cultural Truths: Redefining Right And Wrong For A Fuller Life

This will be one of our last questions, but how do you know you did it right?

It doesn't matter. That's a whole other life lesson. You get rid of doing crap right. Just do it. If you do it wrong, correct it.

How do I know I forgave?

When you ask a question like that, you're trying to map out how it's going to go and where it's going to wind up. I don't know. You don't know. Quit trying to do that and just be here. All will be revealed.

I wasn't trying. That wasn't a rhetorical question. That was a real question.

It is. It's a very common real question, and here's another thing that gets in your way. You want to know the future. I say, "Neither one of us can predict the future. How about we just go along? It's either Buddhist or Dallas or Zen, saying that you make the path by walking." There's no path for us. There's just the walking, and we'll make our path as we go. That's a whole other big lesson about attachment to certainty. I cannot go unless I know how it's going to work.

Tweets: There's no path for us. There's just the walking, and we'll make our path as we go.

I'm not saying that, but I mean just in the context of let's go back to everything we do, we do for some benefit. Again, it was just the way my brain works, which is to say, "You're not my therapist." Let's say I had a therapist, and they weren't as is, they just weren't you. We go through an exercise on forgiveness, and I guess, it's not certain. What would the benefit be? How is my life post-forgiveness?

You are talking about certainly.

Give you five examples. I'll pick one.

I could give you 50 examples, and none of them would be your experience.

Start with how you might feel.

Not going to do it because I'm not going to feed the part of you that feels like I'm not going to do this unless I know.

Fair enough. That makes sense.

I've got to know before I do it if I did it right. Too bad because you may not know. There's something else to explore.

It made sense in my mind.

Of course it did. We're all culturally trained to believe.

Can we say we're all wounded birds?

No, that's not what I mean at all. We're culturally trained to believe things that just aren't true, which is after so many decades of doing this, I've come to believe that most of the mess in our lives comes from the things that our culture tells us are absolutely true and that we have to do in order to be okay, to do things right. I've had a number of clients put it that way. "I did everything right in my life. How come I'm miserable?" Obviously, you didn't do things right. Your belief in the right was wrong. That's not your fault. It was because you were taught from your upbringing, from culture, from books, movies, TVs, advertisements, this is right, and it's not for you.

Tweets: Most of the mess in our lives comes from the things that our culture tells us are absolutely true and that we have to do in order to be okay.

That is awesome. I feel that sense of if there's a commercial for therapy, one of the most beautiful parts of, in my opinion, the benefit of it is that learning and that the way you so warmly acknowledge and have empathy for where we are when a therapist finds us. The idea that it's not our fault. It doesn't mean we cannot fix it.

Most of the stuff that happened to us isn't our fault. Again, where was I going? I had a thought. Something about this idea of right and wrong again, and we'll talk some about this, that if you did everything right, what would you learn? When I'm talking golf, I'll say if every shot you hit did exactly what you wanted, which would mean if you were in range of the hole, every shot would go in the hole. Would you keep playing? No.

That's just a walk in the woods.

The reason we play, the reason we want to live, is the bad shots, because we're going to go through the human experience by doing that. We're going to go through the human experience by experiencing doing things wrong, doing things right, not knowing, and not ever knowing if it was wrong or right. All of that is what makes life worthwhile. The lack of certainty makes life worthwhile in my book. The less certainty there is, the more worthwhile it feels. If I know what I'm going to eat for lunch six years from now, why go through it?

Tweets: The lack of certainty makes life worthwhile.

If I knew for a fact when everybody I know is going to die, including me, why would I go through it? Everything that was going to happen to me, I already knew. I wouldn't kill myself now, unless it was really completely awesome all the way, which it's not going to be. Do you think of the things you've gone through that you wish hadn't happened? If you knew beforehand what you got to do is you had to kill yourself in order not to go through.

I definitely don't see that happening, but I can honestly believe you. If I had some information ten years ago, I'd have made some decisions. I promise you.

None of us has that. That's what I want to get across to my clients. You're beating yourself up for something that could not have happened. Everybody goes, "How do you go?" If I had done this and I had done that," but you couldn't have. Stop, because all you're doing is beating yourself up. If I had known something that I could not have known. Really? Stop beating yourself up. You could not have known. Again, forgive yourself, forgive yourself for not knowing something that you could not have known, which is a concept you need to get rid of anyway. Forgiveness helps you get rid of that.

Why Therapy Unlocks The Unknown In Forgiveness

Ladies and gentlemen, this has been a spirited and interesting episode of the show. I cannot speak for anyone but myself, but I will say that this episode, like many others, brings me to a place where I'm convinced without doubt of the value of therapy. There is no doubt that I would benefit. There's no doubt that I need it. There's no doubt that others out there are having similar feelings. I think that's a beautiful thing. We set out to remove stigma and paint a picture and create a landscape where people could warmly enter the pool of psychotherapy.

It's a cold plunge, let me tell you.

Whatever man. The reality is, if you listen to this episode looking to learn a little bit about forgiveness, and you came away from it as I did, it is to say, "There's so much I don't know. I can totally see how a relationship with someone like Eddie could be super beneficial." As long as I take the appropriate steps to find a therapist, someone who's recommended and has received their own therapy for a great deal of time, and you know what Eddie recommends.

If not, we'll just hit us in the comments, and we'll give you the top five questions you need to ask your therapist before you say yes. The reality is, this was an episode, regardless of whether this was your first or 50th, this was an episode where there was an arc. It was like, "This is an issue that we all face. This is a level of discomfort. I displayed some anger and anxiety." I get to the end and I'm like, "Listen, you're right. I don't know what I don't know."

I'm not saying a therapist is going to tell me what I don't know, but perhaps just maybe they're going to help me not to know. You don't know what you don't know, but a therapist might help you to know or learn. I think that was what I took away from this. I'm going to give it to Eddie for the final words of our episode.

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You don't know what you don't know, but a therapist might help you to know or learn.



Ladies and gentlemen, on behalf of Eddie, my name is Billy Courtright, and I am super grateful that you tuned in another week to an amazing episode of Couch Strip therapy for everyday life, where we show up on YouTube and wherever you consume podcasts every single week. We will continue to do so long as you're receiving value and we're having a great time. I can promise you we are. From our hearts to yours, thank you.

Sincerely, if you're enjoying this, don't keep this a secret. Make sure you like, subscribe, leave us a comment, or a question, and we'll continue to bring it each and every week. To the degree we can learn more about what you're curious about, we can craft future episodes to make sure that we're serving you to the best of our abilities. Again, thanks. Hopefully, today was fun for you because it surely was for me, but Eddie, bring us home.

I'll make it easy on my voice and close out by saying what Billy said.

Ladies and gentlemen, take care as we record this. It is June 18, 2025. We're almost to the middle of summer here. We'll talk to you guys soon. Bye.

Important Links

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