Three Hard Words

How one man finally said “I forgive you” to himself.

September 8, 2014 As told to Kate Ferguson

At the age of 18, I agreed to participate in a robbery that changed my life forever. The crime itself was bad enough, but there was another angle to this big mistake in my life. I had set up my boss to be robbed at gunpoint. This was the man who’d taken a chance on me and given me a job.

After the police investigated, they learned of my complicity in the robbery. But even the humiliation of being handcuffed and arrested couldn’t compare with the vision of my boss begging me to help him as my accomplice waved a pistol in his face. I was filled with shame and regret for my actions.

Years later, I went through an extended period in therapy and learned a lot about myself. But nothing brought me peace until I finally sought out my former boss to tell him how sorry I was for what I’d done.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.realhealthmag.com/article/finding-forgiveness-26136-1340