Meandering through the graveyard it felt like something was watching me. I felt the ghosts of the dead watching me. An icy shiver travelled down my spine. I stared at the stone in front of me. In scripted on the stone were the following words:

John Rufus 1961 – 2023

My father’s grave. The man who hurt me so much. Suddenly he got a flashback of all of the things his father did to him. He beat me, shamed me, and yelled at me. Once, I came back with an A plus in a n exam. I was so proud of myself and I showed it to mum. She was happy for me. My father told her to stop spoiling me and threw my school bag off the second floor down to the backyard via window. The memories felt like stabs to my heart. Now, the man I hated with all my life was gone. I wasn’t sure what to do. I wondered if I should forgive him.

I looked at what I could do. Keep holding a grudge or forgive and move on. I looked at the two paths in my future. I could turn a page in the book of life, or I could furiously pound on the page for the rest of my life. If I kept a grudge, I would be repeatedly reliving all the pain and suffering inside my head. My entire life, I would feel the and keep the scars of my childhood, trapped in pain. I would be depressed all the timer, I would never be able to live on and enjoy life. I would still be furious and would lash out at everyone. I would be stuck in my personal painful hell. My life would become a boulder that I had to carry around everywhere. I wouldn’t want to continue. I could also forgive my father. However, I was still furious about how my father had treated me in the past. If I forgave him, then I might start to think differently. As my father treated me as such and was forgiven then this type of behaviour shouldn’t be too bad. When I got married and have kids I might neglect them and behave like my father. That would harm the kids really badly. What should I do? I was torn with indecision. I stared at the grave. Underneath the stone was the man who had hurt me so much.

I forgave my father.