Forgiveness is key
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You have this lovely balloon in your hand.

It's yours.

You can SEE it and FEEL it in your hand.

Now is the time to let go of
that anger you no longer need.

Take your balloon and blow all your anger into it.

The balloon is very big and can grow to any size.

The sky's the limit.

IMAGINE and PRETEND you are
blowing all your anger into the balloon.

The balloon keeps getting bigger and bigger.

In the end, you will have blown all your
anger into the balloon, and it will be full.