It is easy to be negative about past mistakes and unhappiness. But it is much more healing to look at ourselves and our past in the light of experience, acceptance, and growth.
Our past is a series of lessons that advance us to higher levels of living and loving. The relationships we entered, stayed in, or ended taught us necessary lessons.

Some of us have emerged from the most painful circumstances with strong insights about who we are and what we want. Our mistakes? Necessary. Our frustrations, failures, and sometimes stumbling attempts at growth and progress? Necessary too. Each step of the way, we learned. We went through exactly the experiences we need to, to become who we are today. Each step of the way, we progressed. Is our past a mistake? No. The only mistake we can make is mistaking that for the truth.

Ya Allah, Please help me let go of negative thoughts I may be harboring about my past circumstances or relationships. Ya Allah, Please help me to understand and accept, with gratitude, all that has brought me to today and the person who i am today. Ya Allah, Please make it easy on whoever is reading this. Ameen

Source: [here](http://tiest.staff.ipb.ac.id/2014/01/30/appreciating-our-past/)
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