Forgiveness is valued by all societies and faiths. But many people struggle to forgive. Research shows we all benefit when we forgive each other.

**WORTHINGTON'S THERAPEUTIC MODEL**

**REACH**
- Reciprocation
- Empathy
- Acceptance
- Commitment
- Acknowledgment
- Humility

**THE ENRIGHT PROCESS MODEL**
- Uncovering
- Decision
- Work
- Deepening

Forgiveness impacts mental and physical health by releasing stress when forgiveness is granted or received, and harming health when grudges are held.

Children as young as 4 or 5 are capable of forgiving and they are drawn to those who forgive.

There are ways to work on self-forgiveness. It requires a restoration of morality and emotional peace and can be achieved through therapeutic efforts.

There are reciprocal benefits of seeking and granting forgiveness between perpetrator and victim.

Forgiveness is a key component of the long-term success of relationships. Forgiveness assists in overcoming affairs and everyday grudges.

Forgiveness after abuse can be complicated. Forgiveness from the victim is often desired, but hurt remains.

Evidence shows that by promoting forgiveness, we can make society more forgiving.

Our society is polarized. How might forgiveness be a step to political humility and civil discourse?

People are more likely to forgive those in their own group/culture/ethnicity/class, but less likely to forgive someone from outside that class.

Evidence shows that by promoting forgiveness, we can make society more forgiving.