

SOCIETY

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.

MEDIATORS OF FORGIVENESS

FAITH



JUSTICE



COMPASSION



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

Forgiveness is an asset while going through a divorce.

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

RELATIONSHIPS

The BENEFITS of FORGIVENESS

Forgiveness is valued by all societies and faiths.
But many people struggle to forgive.

SCIENCE-TESTED WAYS TO FORGIVE:

Research shows we all benefit when we forgive each other.

WORTHINGTON'S

REACH THERAPEUTIC MODEL

R	E	A	C	H
R	E	A	C	H
E	M	L	O	M
C	P	T	M	I
A	A	R	I	T
L	T	U	M	E
L	H	I	N	T
	I	S		
	Z	M		
	E			

THE ENRIGHT

PROCESS MODEL

UNCOVERING • DECISION • WORK • DEEPENING

SELF

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.