

Forgiveness and Reconciliation

Forgiveness is the action of putting aside your anger, disappointment or feeling of hurt towards a person, event or circumstance.

Complete the activities below. When you have done so, compare your answers to your partner's.

Give an example of something you would find easy to forgive. Explain why this is the case.

Give an example of something you would find difficult to forgive. Explain why this is the case.

Give an example of something you would find impossible to forgive. Explain why this is the case.

How does forgiveness benefit the person who forgives?

Were your answers similar to your partner? If not, why do you think this is?

Forgiveness and Reconciliation **Answers**

Suggested Answers

Though these questions require personal responses, some possible answers are included below. In addition to these, some students may find that there might be nothing they could put in the last category. They may say that they would always be willing to forgive if someone was genuinely sorry.

Give an example of something you would find easy to forgive. Explain why this is the case.

Examples are likely to include more minor transgressions such as being called names or being fouled harshly in a sports game. These are likely to be forgiven relatively quickly and have a small impact on a person's future life.

Give an example of something you would find difficult to forgive. Explain why this is the case.

More harmful actions are likely to fall into this category such as sustained bullying, serious destruction of property or major physical injury. These are hugely distressing events, but there is a sense the victim can recover from them in time.

Give an example of something you would find impossible to forgive. Explain why this is the case.

Serious and harmful crimes may fall into this category, for example the murder of a family member. Many answers may concern actions that cannot in any way be repaired, e.g. a person who is killed is gone forever, or a limb lost through injury cannot grow back.

How does forgiveness benefit the person who forgives?

People may find comfort in being able to 'let go' of their emotions. When they think back to a situation, they are able to view it without anger or negative feelings. Although they don't necessarily forget what has happened, they can symbolically move on from it.