

Name: _____ **Pd:** _____

forgiveness

**TRYING TO UNDERSTAND WHAT
MAKES US ALL IMPERFECT
AND WORKING TO ACCEPT
THOSE IMPERFECTIONS
IN OURSELVES AND OTHERS.**

*Character
Strong*



@CHARACTERSTRONG

PRE-SURVEY: 8. Forgiveness <i>Place a checkmark in the box that fits you most closely, then add up the points in the right column</i>	■ Never 0	Seldom 1	Sometimes 2	Usually 3	Mostly 4	+ Always 5	Points
1. I forgive others when they're wrong.							
2. I don't hold grudges.							
3. I let go of the past.							
4. I resolve conflicts right away.							
5. I tell others that I forgive them.							
6. I ask for forgiveness.							
7. I allow myself to make mistakes.							
8. I let my failure lead to success							
9. I choose to focus on the good things in life.							
10. I accept others for who they are.							
11. I allow myself to change my perspective.							
12. I keep my temper under control.							
13. I don't give others the silent treatment.							
14. I realize that everyone makes mistakes.							
15. I know I'm not perfect.							
16. I give second chances.							
17. If I fail, I try again.							
18. I show understanding to others who fail.							
19. I enjoy learning from life.							
20. I am at peace in my life.							

Total Points _____/100

Forgiveness - letting go of resentment.

Annotate Reading – highlight big ideas AND comment/ask questions on the side

Forgiving people develop the skill (habit) of accepting limitations in others and the capacity to tolerate imperfection. They develop the skill of letting go of the resentment that often lingers when people let them down. Forgiveness involves going to people and communicating assertively how what they have done has affected you, dealing with it, and then letting go of any lingering resentment. It’s hard to do when pride and feelings have been hurt. But know that resentment destroys the human personality. As Gandhi said, “The weak can never forgive. Forgiveness is the attribute of the strong.” A final thought: forgiving people are just as willing to forgive others as they are to forgive themselves. They are able to separate the behavior from the person, the sin from the sinner. And finally, one expert says that forgiveness is the trait most strongly linked to happiness. “It’s the queen of all virtues, and probably the hardest to come by,” he states.

Looks Like... (actions/verbs)	Sounds Like... (tones/quotes)	Feels Like... (adjectives)
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.

~ PERSONAL CONNECTIONS ~

Personal Definition	Connection/Example to Your Personal Life	Example from Class Videos/Initiatives

Quotes on Forgiveness—Annotate 3 Quotes (“I agree../disagree../can connect..”)

1. To forgive is to set a prisoner free and discover that the prisoner was you. - Lewis B. Smedes
2. Anger makes you smaller, while forgiveness forces you to grow beyond what you were. - Cherie Carter-Scott
3. He who cannot forgive breaks the bridge over which he himself must pass. - George Herbert
4. Always forgive your enemies - nothing annoys them so much. - Oscar Wilde
5. There is no revenge so complete as forgiveness. - Josh Billings
6. Without forgiveness life is governed by...an endless cycle of resentment and retaliation. - Roberto Assagioli
7. Never does the human soul appear so strong as when it forgoes revenge, and dares forgive an injury. - E.H. Chapin
8. If you haven't forgiven yourself something, how can you forgive others? - Dolores Huerta
9. Forgiveness does not always lead to a healed relationship. Some people are not capable of love, and it might be wise to let them go, along with your anger. Wish them well, and let them go their way. It really doesn't matter if the person who hurt you deserves to be forgiven. Forgiveness is a gift you give yourself. You have things to do and you want to move on. - Real Live Preacher.com
10. Love is an act of endless forgiveness, a tender look which becomes a habit. - Peter Ustinov
11. Sometimes the measure of friendship isn't your ability to not harm but your capacity to forgive the things done to you and ask forgiveness for your own mistakes. - Randy K. Milholland

"REAL LIFE" FORGIVENESS

Annotate Reading – highlight big ideas AND comment/ask questions on the side

My dictionary defines forgiveness as “letting go of resentment.”

People often remark that they believe forgiveness to be a strange character skill to have on a leadership list, yet I remain convinced it is one of the most important. Why?

Because when you are the leader, people are going to make mistakes. A lot of them. Your boss, your peers, your subordinates...your teammates are going to screw up, make mistakes, and let you down. People will hurt you, sometimes deeply. Many will not make the efforts you believe they should or care as deeply as you do. Some will fail to respond to all the effort you have put in. A few will try to take advantage of you.

This is why it is essential for the leader to develop the skill (habit) of accepting limitations in others and the capacity to tolerate imperfection. The leader must develop the skill of letting go of the resentment that often lingers when people hurt us or let us down. After all, anyone could lead perfect people, if only there were any.

Letting go of resentment is not about being passive, a doormat for the world. Letting go is not about letting people get away with bad behavior or pretending the bad behavior is acceptable. To do those things would not be behaving with integrity.

Rather, forgiveness involves going to people and communicating assertively how what they have done has affected you, dealing with it, and then letting go of any lingering resentment. Buddy Hackett put it well: “While you’re carrying a grudge, they’re out dancing!”

This wonderful quality of character can be developed over time with practice and courage. It can be a difficult skill to develop because when our pride and feelings are hurt, we give ourselves many justifications for not letting people off the hook. It takes a secure, mature individual to develop this skill. As Gandhi once observed, “The weak can never forgive. Forgiveness is the attribute of the strong.” “... we all do bad things but aren’t necessarily bad people.”

JOURNAL WRITE:

Who do you hold a grudge against, or have an unresolved conflict with?

Who are they to you, what happened, how did they hurt or disappoint you?

How do you feel about it, and why are you still holding onto those feelings?

VIDEO REFLECTIONS

All videos can be found on YouTube if absent, the titles are included below

Reflection of “I Survived the Holocaust Twin Experiments”

1. How do you feel about what Eva Kor did?

2. Why did Eva Kor say forgiving the doctor was worth it for her?

JOURNAL WRITE:

What is the “power” that forgiveness has? What can it do, for us or for others?
Why is it powerful and worth it?

VIDEO REFLECTIONS

All videos can be found on YouTube if absent, the titles are included below

Takeaways from “Oprah’s Forgiveness Aha! Moment”

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Takeaways from “HOW TO FORGIVE - Oprah Winfrey, Td Jakes, Carolyn Myss, and Marianne Williamson”

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Takeaways from “The Power of Forgiveness”

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NOW YOU TRY: (You can incorporate some of the pieces you already wrote about, such as your perspective on what happened and how it made you feel, but then make sure to include why you forgive them and what hopes you have for the future)

Debrief Questions:

1. What feelings did you have during this activity?
2. What were some of the things you thought about as you crossed the line or as you watched others cross and you didn't?
3. Did you find yourself making judgements of others?
4. Did you find you were ashamed to cross the line at some points?
5. What was something you realized about yourself? (Think about: what are the negative thoughts you are holding onto?)

Forgiveness Reflection Questions

1. Is it easy or difficult for you to forgive? Why?
2. The Real Life Reading says, "it is essential for the leader to develop the skill (habit) of accepting limitations in others and the capacity to tolerate imperfection." Is this (accepting limitations in others and tolerating imperfection) something you are able to do? Why or why not? If not, how does your behavior need to change?
3. Tell about a time when someone hurt you or let you down. Were you able to forgive this person? How did it feel to forgive? If you have not forgiven this person, how has the lingering resentment affected you or the other person?

REFLECT: What are things that you're not proud of (that were in your control over) from your past or that you do now? What are barriers you were not proud of crossing the line for?