

Goretti Center for Healing and Forgiveness

www.goretticenter.com/resources

Timothy G. Lock, Ph.D., Founder and Director

2 Old New Milford Rd., Suite 2A, Brookfield, CT 06804

(203) 775-3820

doctortimlock@gmail.com

Forgiveness is not...

- a feeling
- ignoring
- excusing
- condoning
- pretending it never happened
- feeling indifferent
- "forgive and forget"
- reconciliation
- something I do for me

Forgiveness is...

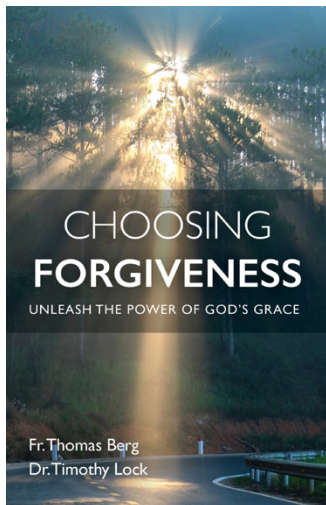
- a choice,
- to abandon one's right to resentment, negative judgement and indifferent behavior toward one who unjustly injured us, [release bad]
- while fostering the undeserved qualities of compassion, generosity, and even love toward the offender. [give good]
- Forgiveness includes abandoning the demand that the offender validate me by acknowledging the harm done to me. [drop expectations]

Positive effects of FORGIVENESS

- Lower blood pressure
- Stress reduction
- Less hostility
- Better anger-management skills
- Lower heart rate
- Lower risk of alcohol or substance abuse
- Fewer depression symptoms
- Fewer anxiety symptoms
- Reduction in chronic pain
- More friendships
- Healthier relationships
- Greater religious or spiritual well-being
- Improved psychological well-being

Effects of UNFORGIVENESS

- Higher blood pressure
- More Stress
- More hostility
- Worse anger-management skills
- Higher heart rate
- More risk of alcohol or substance abuse
- More depression symptoms
- More anxiety symptoms
- Increase in chronic pain
- Fewer friendships
- Less healthy relationships
- Lesser religious or spiritual well-being
- Decreased psychological well-being



Four Steps of Forgiveness

Step I: Uncovering

Step II: Deciding

Step III: Proclaiming

Step IV: Deepening

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ON DEMAND > I FORGIVE WITH IMMACULÉE ILIBAGIZA

I Forgive

with Immaculée Ilibagiza

I Forgive, with Immaculée Ilibagiza

Rwandan genocide survivor, Immaculée Ilibagiza, presents stories of men and women who through their Faith, have chosen to forgive. With additional insights on forgiveness from a theological and psychological perspective.

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