



FORGIVENESS

VIA Survey calls this strength Forgiveness

Parent virtue: Temperance. Strengths of temperance protect us from excess. Strengths comprised in this virtue are forgiveness, humility/modesty, prudence, and self-control.



WHAT DOES FORGIVENESS MEAN?

You forgive those who have done wrong. You accept that people make mistakes.

Forgiveness is the ability to move past being injured, and allow yourself to reconcile with the person who hurt you. Forgiveness can often be seen as a selfless act, but it also carries many benefits for those who practice it. Those who demonstrate forgiveness have the ability to move forward after someone has hurt them. Forgiveness is often rooted in the idea that all people are valuable and worthy of a second chance. Many who forgive have the ability to consider things from another's perspective.

Forgiveness does not mean rolling over and allowing yourself to be harmed. It does not mean that you forget the transgression. By forgiving someone, you don't have to say that what he/she did was okay. And, forgiveness is not contingent on the other person apologizing.

WHY DOES IT MATTER?

For individuals, forgiveness has benefits that range from increased health to developing positive relationships to coming to an understanding that no one is without fault. Remaining bitter and angry increases your stress levels, and forgiveness helps an individual release that resentment, and repair or strengthen his/her relationships.

The ability to reconcile differences and move forward positively is a trait of any effective group. When people work together, conflict is inevitable. However, when people value each other's contribution and believe in the group's goal, they become more capable of moving past conflict toward genuinely positive behavior. A group member's willingness to forgive imperfections of both other members and the group as a whole contribute to overall success.

Individuals with this strength might be described as:

- Compassionate
- Well-wishing
- Merciful
- Gracious
- Kindhearted
- Understanding

Individuals with this strength are likely to think, feel, or behave in the following ways:

- I can let it go.
- I forgive you.
- I don't hold grudges for long periods of time.
- It's ok. Let's move on.
- I can understand why you did that.
- Although what you did hurt me, I am ready to move on.
- Forgiving others for their transgressions releases a burden in my own heart.
- Forgiveness shows that you're a strong person.

QUOTES ON FORGIVENESS

"The weak can never forgive. Forgiveness is the attribute of the strong."

-MAHATMA GANDHI

"I guess forgiveness, like happiness, isn't a final destination. You don't one day get there and get to stay."

-DEB CALETTI

"Genuine forgiveness does not deny anger but faces it head on."

-ALICE DUER MILLER

"Life becomes easier when you learn to accept the apology you never got."

-ROBERT BRAULT