Meaningful Forgiveness

Learning how to engage in meaningful forgiveness means learning how to release negative emotions surrounding an event or person who has hurt or upset you. Being able to engage in meaningful forgiveness is linked to higher levels of wellbeing as it allows individuals to process and release emotions that can become damaging, such as anger and resentment.



There are several steps involved in meaningful forgiveness, which are as follows:

- Objectively identifying and recalling what happened
- Empathising with the person who you want to forgive - what might they have been experiencing?
- Reflecting on a time when you yourself were forgiven and embracing that feeling
- Making a commitment to forgive by writing it down or saying it out loud
- Holding on to that commitment by reminding yourself you have already forgiven that person when memories of the event/s in question resurface (Gilpin, 2008)