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Forgiveness Interventions Geared for the Classroom Poster

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Abstract

Forgiveness is a paradox – it is easy to say, hard to do. Research shows that forgiveness reduces anger, allays depression and stress, and leads to greater feelings of hope, serenity, compassion, and self-confidence. In a culture where revenge is celebrated and most people believe getting even is not nearly enough, many people seem unable to practice forgiveness for even minor insults. How do we truly forgive someone who has seriously abused us? Is a simple "I'm sorry" enough to warrant forgiveness? And, what if they refuse to apologize? These are questions we all have and in most cases neither age nor maturity helps us answer them. So how can we teach forgiveness in positive psychology courses? This poster will focus on strategies to facilitate students to enhance strengths, set clear boundaries, and to employ some straightforward forgiveness interventions including *Letting Go*; *Shield's Up*; and how to *Hold a Space for Healing* for self and transgressors. These interventions are introduced not only for classroom application but also as potential research topics in positive psychology.

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CLASS OBJECTIVES

- Define, Discuss, Examine; Comparisons & Applications
- Multiple Definitions
- PARADOX of Forgiveness
- Role & Impact of:
 - Revenge & Vengeance
 - Culture & Religion
 - Apologies & Non-Apologies
 - Compassion & Empathy
 - Gratitude & Trust
 - Forgive & Forget
 - Forgiving vs. Being Forgiven
 - Forgiven vs. Unforgiven
 - Victim vs. Victim Mentality
- Research & Measurement
- Interventions

Measuring Forgiveness

- Self-Report Instruments
 - Heartland Forgiveness Scale
 - Transgression-Related Interpersonal Motivations Inventory
 - Eight-Factor Forgiveness Inventory
 - Willingness to Forgive Scale
 - Multidimensional Forgiveness Inventory

Interventions

- Letting Go!
- Shield's UP!
- Flush It!
- REACH
- 4th STEP

Why Forgive?

Forgiveness IMPROVES

- Mental & Physical Health & Well-Being
- Pro-Social Behaviors
- Relationships
- Positive Emotions

Assessment Reflection

Mastery Quiz

Word Clouds:

- Apoloogy:** NON-APOLOGY, APOLOGY, I'M SORRY, ACCOUNTABILITY, REMORSE, EFFECTIVE, RESPONSIBILITY, APOLOGIZE, SORRY, RESPONSIBILITY.
- Revenge:** GET-EVEN, HATE, VENGEANCE, REVENGE, ABUSE PAIN, SOMEONE MUST PAY, FORGIVENESS INVITES ANGRY FEELINGS, BEST SERVED COLD, SWEET, DECEASED SWEET, SWEET, SWEET, SWEET.

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References Upon Request

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