

## **FORGIVENESS FOR ONE'S OWN WELL-BEING**

Audience: General, via churches, temples, hospitals, counseling centers, and other community service organizations.

Description:

The issue of forgiveness is a difficult one. It cannot be forced, and in many instances it is complicated and definitely not easy, yet research shows that forgiveness is good for our physical and mental health, that letting go of anger helps in healing ourselves.

This workshop will provide materials and space and time for reflecting and possibly private journaling with only one segment set aside for discussion and interaction with others.



The materials cover many of the issues involved in the process (forgiving is usually a process not a single event) of forgiving. The time and space is so participants can stop and move away from their busy lives to examine their perspectives and problems with forgiving and to possibly expand those perspectives and find directions to move in solving the problematic aspects of forgiveness.

Format: One three-hour (1/2 day) workshop.