

# *Forgiveness* **FACTOR**

TIM MARKLE - FOUNDER

HOW TO FORGIVE IN AN  
UNFORGIVING WORLD

WIFACETS  
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Can we talk?

Brother

**ANGER**

*Bullying*

*Alcoholism*


**Dad**

**Shame**

**Depression**

*Isolated*

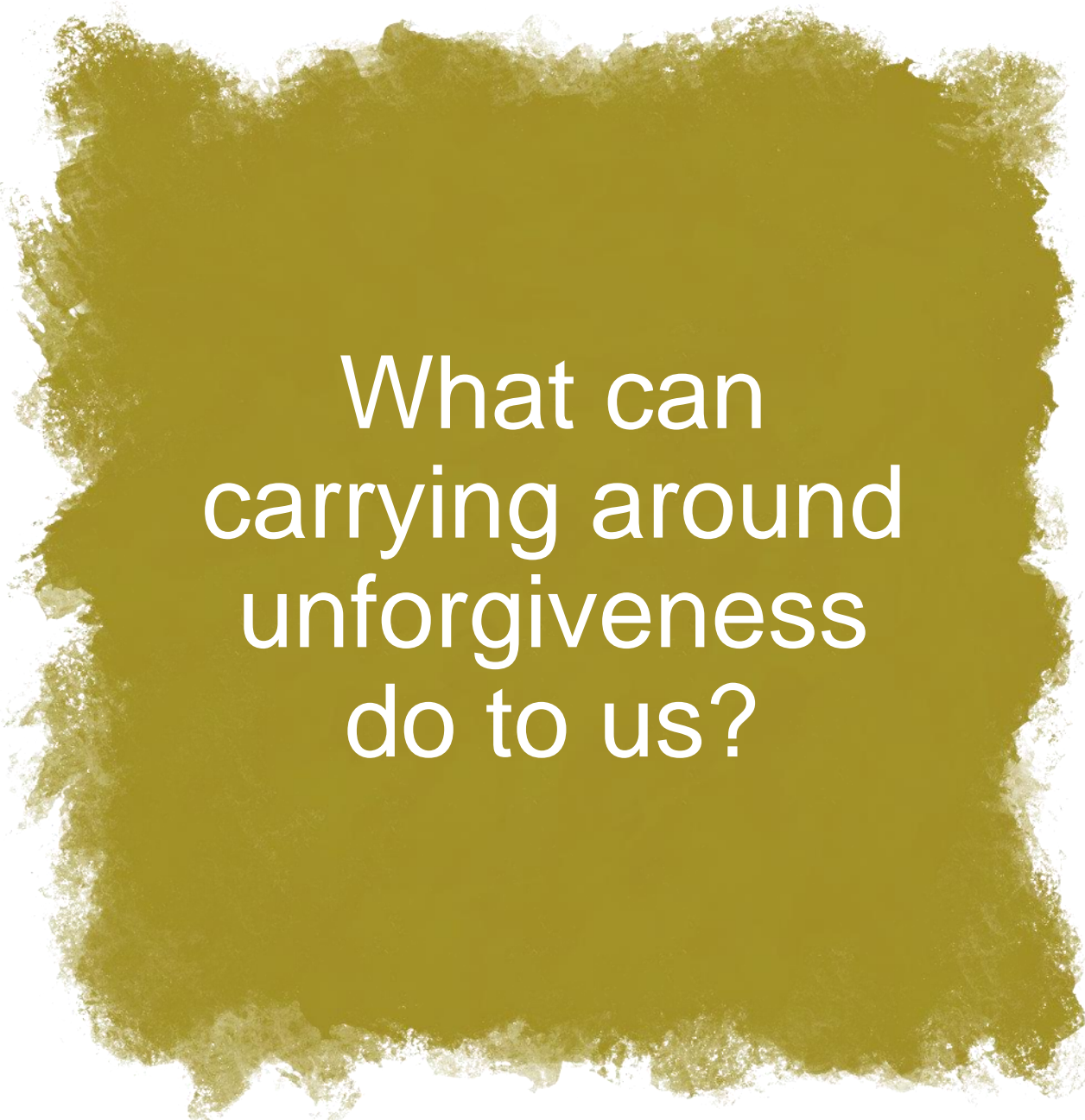
**Unforgiveness**



Do we live  
in an  
unforgiving  
world?

- Revenge
- Power
- Disrespect
- Hang onto that anger!






What can  
carrying around  
unforgiveness  
do to us?

- **Physically**—stress, high blood pressure, ulcers, addictions
- **Mentally**—distracted, triggered
- **Emotionally**—depression, anger, resentment, bitterness
- **Relationally**—broken, distant, distrust
- **Spiritually**—broken, less than life

- **Defense Shields**


- Denial
- Blame
- Rationalization
- Isolation
- Double life



How do  
we deal  
with it?

# Forgiveness?

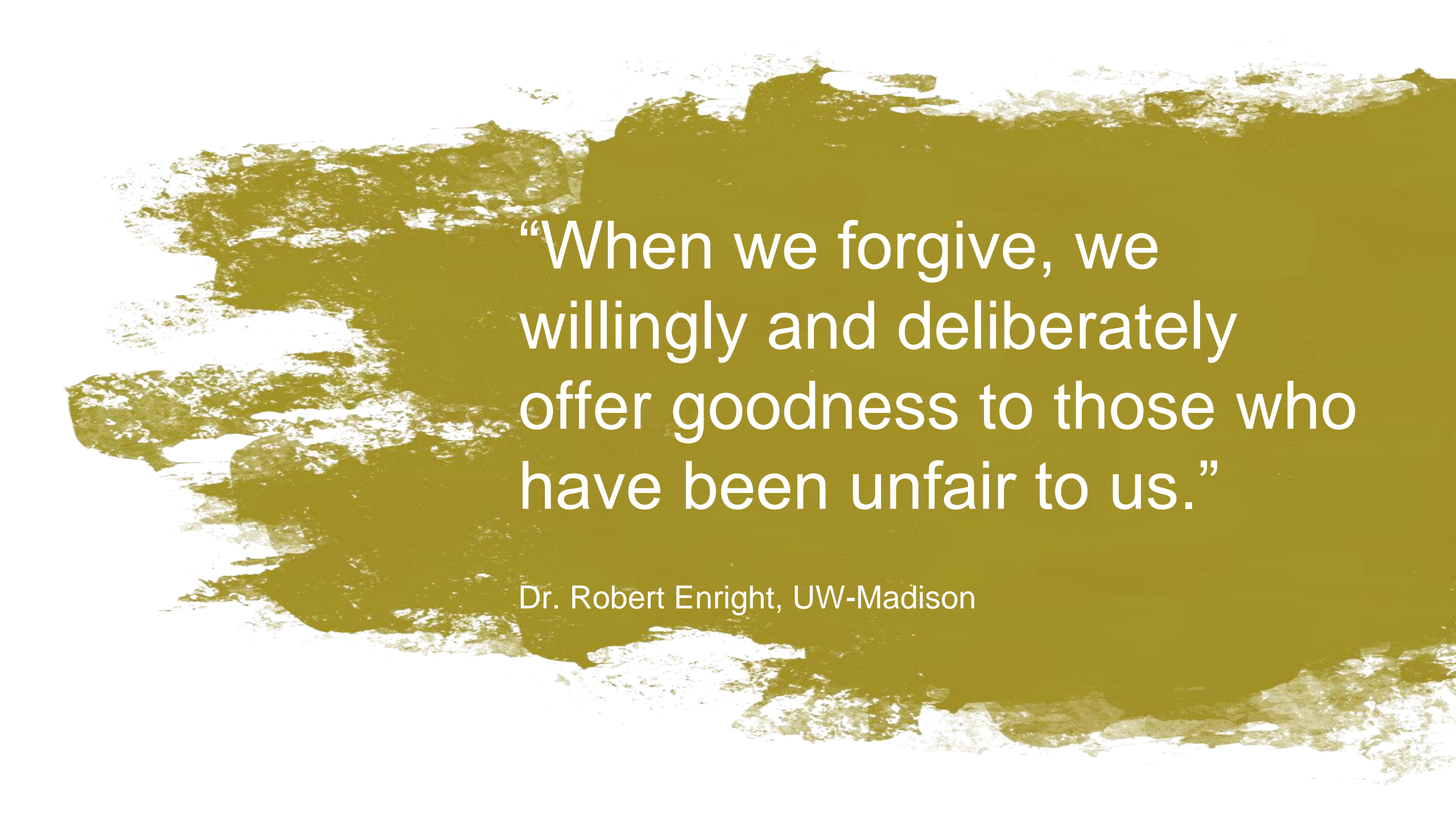




# What forgiveness is not

- Forgiveness is not just saying “I Forgive You”
- Forgiveness is not primarily about you
- Forgiveness is not finding excuses for the offending person’s behavior
- Forgiveness is not offered to inanimate objects but is offered to persons
- Forgiveness is not a quick formula you can recite and it works like magic





“When we forgive, we  
willingly and deliberately  
offer goodness to those who  
have been unfair to us.”

Dr. Robert Enright, UW-Madison

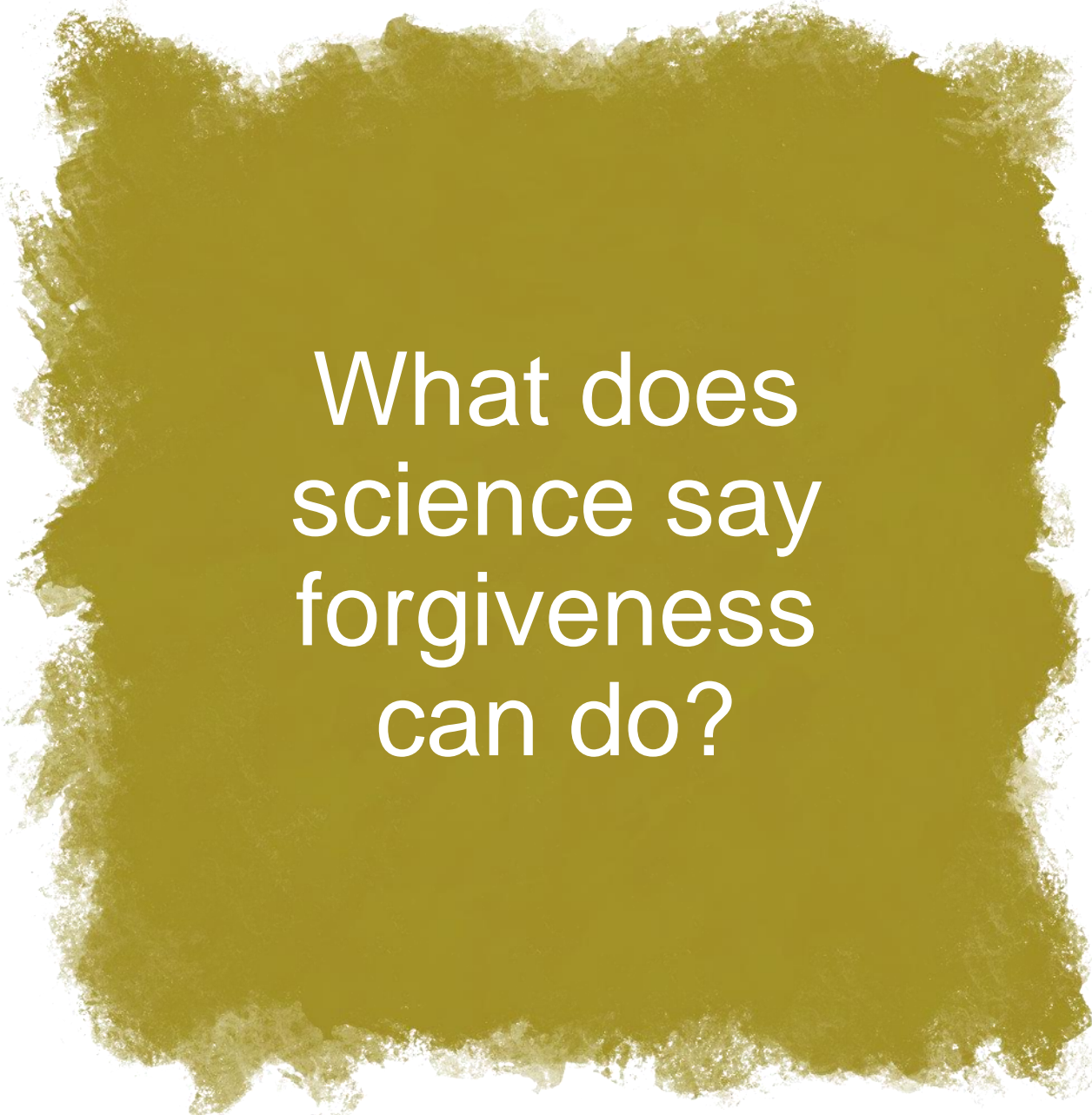




Why does  
it matter?

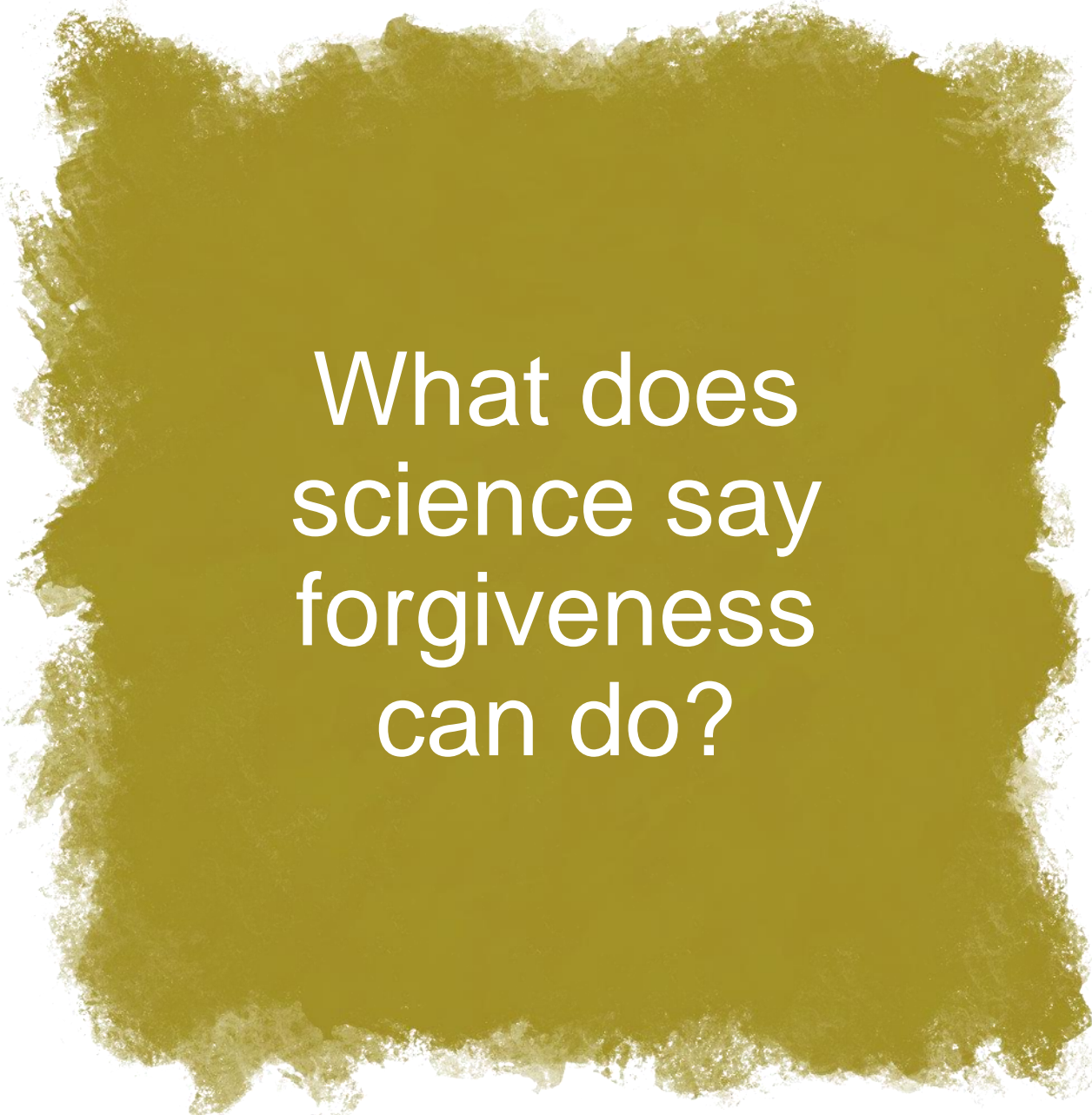
Faith backgrounds  
teach it

- Hebrew Scriptures
- Christian Scriptures
- Muslim
- Confucian
- Buddhist
- Native American



# What does science say forgiveness can do?

- Reduce psychological depression
- Reduce anxiety
- Reduce unhealthy anger
- Decrease posttraumatic stress symptoms



# What does science say forgiveness can do?

- Increase quality of life
- Increase focus (not distracted by the thoughts and negative feelings)
- Increase cooperation and reduce bullying (deal with underlying issue)
- Increase self-esteem

Dr. Enright and others




**JUST DO IT!**

**YOLO**



*Why are you in pain?*


- [www.dumb.com](http://www.dumb.com)



# How do I forgive?

- Acknowledge the pain and the junk
  - Focus on one person at a time
- Decide my way isn't working
- Consider forgiveness
- Choose to forgive
- Decide to forgive





How do I  
forgive?

- Rehumanize
- Reflect
- Gift of goodness



Is it real?

Nickel Mines, Pennsylvania 2006

"I don't think there's anybody here that wants to do anything but forgive and not only reach out to those who have suffered a loss in that way but to reach out to the family of the man who committed these acts."



Is it real?

Charleston, South Carolina 2015

“I believe once we’re able to forgive you are able to build on things and you’re able to free yourself of that constant feeling of anxiety or feeling like you need to get revenge or whatever it may be.”



- How do you talk about yourself to yourself?
- You can and should honor yourself even as you are imperfect
- Offering yourself a sense that you have inherent worth



Forgiving  
yourself

- You are more than your actions
- Admit you did wrong and need to correct wrong done to other people
  - Seek forgiveness and right any wrongs



Forgiving  
yourself



Living as  
if . . .

- First---shut up!
- Recognize we are leaky people
- Choose the positive over the negative
- Look for love, mercy and forgiveness
- Practice love, mercy and forgiveness





There is more to  
your story



# Contact information

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Go . . . and do  
amazing things –  
because you can!