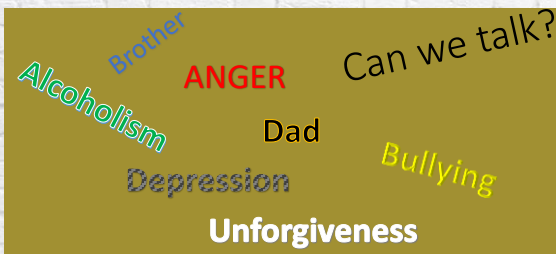


Role of Forgiveness in Suicide Prevention



TIM MARKLE – 3.15.2023
WI FACETS

1



FORGIVENESSFACTOR.ORG

2

2

Suicide Risk Factors

- Age
- Gender
- Race and Ethnicity
- Demographics (Sexuality)
- Health Factors
- Personality Factors
- Sociological Factors
- Social Factors
- History of Sexual/Physical Abuse
- Psychological Disorders

Ryan W. Hansen and others

FORGIVENESSFACTOR.ORG

3

3

Perceived Burdensomeness

Thwarted Belonging

The Inter-Personal Theory

Joiner, Van Orden and so many others

FORGIVENESSFACTOR.ORG 4 

4

RESENTMENTS!!
and all its baggage

Self-Condensation
Shame

What are the results of unforgiveness?

FORGIVENESSFACTOR.ORG 5 

5

What are the results of unforgiveness?

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


Dr. Robert Enright

FORGIVENESSFACTOR.ORG 6 

6

How do we deal with it?

- Isolation
- Anger
- Avoidance
- Addictions
- Secrets
- Depression

FORGIVENESSFACTOR.ORG 7 

7

Hope
Forgiveness

Suicide Resilience Factors

Jennifer S. Cheavens, Kelly C. Cukrowicz, Ryan Hansen, and Sean M. Mitchell

FORGIVENESSFACTOR.ORG 8 

8

Forgiving those who harmed us (Monsters)

Forgive ourselves for hating ourselves, hurting ourselves

Areas of Forgiveness


FORGIVENESSFACTOR.ORG 11 

9

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

Dr. Robert Enright,
UW-Madison

What forgiveness is

FORGIVENESSFACTOR.ORG 10 

10

What forgiveness is

Reducing/Replacing:
resentments, anger, behaviors,
thoughts with positive thoughts,
feeling and behaviors toward the
offender (other or self)


FORGIVENESSFACTOR.ORG 11 

11

Acknowledge the pain and the junk

Decide my way isn't working

How do I forgive?

FORGIVENESSFACTOR.ORG 12 

12



How do I forgive?

- Consider forgiveness
- Choose to forgive
- Decide to work at forgiving

FORGIVENESSFACTOR.ORG 13

13



Rehumanize

- Your Spiritual Foundation
- Common Humanity
- Uniqueness

Work of forgiving

FORGIVENESSFACTOR.ORG 14

14



Reflection

- How have I grown?
- How can I use what I have learned?
- Compassion

FORGIVENESSFACTOR.ORG 15

15

Reduce psychological depression

Reduce anxiety

Reduce unhealthy anger

Decrease posttraumatic stress symptoms

What does science say forgiveness can do?

FORGIVENESSFACTOR.ORG 16 

16

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

FORGIVENESSFACTOR.ORG 17 

17

Reduce the factors that can lead to suicide

- Perceived Burdensomeness
- Thwarted Belonging

What does science say forgiveness can do?

FORGIVENESSFACTOR.ORG 18 

18

Forgiving yourself

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


FORGIVENESSFACTOR.ORG 19 

19

Forgiving yourself

You are more than your actions

Admit you did wrong and need to correct wrong done to other people Seek forgiveness

FORGIVENESSFACTOR.ORG 20 

20

Universal prevention—teach all children/adults how to forgive/Public Health

Intervention—lack of ability and willingness to forgive in those at risk (Self and Others)/Individual

Postvention—Self (attempted) Survivors

Where to apply forgiveness?

FORGIVENESSFACTOR.ORG 21 

21

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

FORGIVENESSFACTOR.ORG 22 

22

“ There is more to your story ”

FORGIVENESSFACTOR.ORG 23 

23

Tim Markle
www.forgivenessfactor.org
 608-421-0850
markle@forgivenessfactor.org

Sign up for weekly
 Forgiveness Boosts!

<https://internationalforgiveness.com/>

24