



# GROW Well Strengths-Based Curriculum

Always Our **Best**



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## Forgiveness



### What is Forgiveness?

Forgiveness means to extend understanding towards those who have done wrong or hurt us. It means to let go of any frustration, disappointment, resentment or other painful feelings associated with an offense or individual. Forgiveness is closely related to the quality of mercy. It involves accepting others shortcomings, flaws or imperfections. Forgiveness also may mean giving people a second (or third) chance. Although forgiveness means letting go and moving on, it is important to distinguish forgiveness from condoning or forgetting. You can strongly disagree with behaviours and may not ever forget an offence, however you can also choose to forgive and move forward.

### Forgiveness



I forgive others when they upset me and/or when they behave badly towards me, and I use that information in my future relations with them.



**FORGIVENESS**  
DOES NOT MEAN WE MUST  
FOREVER ACT AS THOUGH THE INCIDENT  
**NEVER**  
**HAPPENED.**  
FORGIVENESS DEMANDS THAT  
WE FOREVER ACT AS THOUGH THE  
*offense did happen and that we*  
**CHOSE TO**  
**FORGIVE** THE PERSON.

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### Want more information about our GROW Well Program and Character Strengths?

<https://gumdaless.eq.edu.au/support-and-resources/wellbeing>

### A proper apology

Sometimes we need to ask for forgiveness from others. When we apologise, we take responsibility for the action or mistake, we don't make excuses or try to shift the blame. We sincerely apologise and do what we can to make it right. This shows we realise we did the wrong thing and can learn from it to be better!

### Why forgive?

Forgiveness is something we do for ourselves, not just for the person we are forgiving. It can be hard to forgive when someone has wronged us, especially when they do not apologise, but it allows us to let go of our negative feelings and move on.

If we need to forgive someone many times, especially without an apology, we may factor that into our choice to continue to associate with them. However we can still choose to forgive for our own peace and positivity.

Read – Click on the book to find a read aloud of this story.

