



The science of happiness ⑤

Forgive.

Do you know the word “forgive”?

Read this:

for·give *past tense forgave, past participle forgiven*

1 to stop being angry with someone and stop blaming them, although they have done something wrong
- Longman Online Dictionary of Contemporary English

To be happy, we really have to learn to forgive people who hurt us.

1 Think of people who have hurt you.

Some you don't worry about any more. You have forgiven them.

Who *didn't* you forgive yet?

Find one heavy thing (a book? A bag? Something else?) for each person.

2 Put one arm straight out.
Hold the heavy things.



3 As you hold those things, read this.

Forgiveness

Someone did something bad to you.

Forgiveness does NOT mean the bad thing was OK.

Forgiveness does NOT mean that person can do the bad thing again.

Forgiveness is important for things that must NOT be done again.

When you do not forgive, who is hurt?

The person who did the bad thing usually doesn't know.

Or doesn't remember.

Or doesn't care.

The anger is in your heart.

You carry the weight.

It does not help to know why the person did the bad thing.

Usually that person doesn't know.

You carry the weight.

You have the power to let it go

4 The weight in your hands is heavy.

Do you want to put it down?

The weight in your heart is heavy.

You can **put it down**

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“When you forgive, you don't change the past. You change the future.” B. Meltzer

Language focus: present simple, past simple, understanding discourse
Positive psychology focus: Happy people forgive