



**BHARATHIAR COUNSELLING CENTER @
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How to increase Forgiveness?

Forgiveness is the act of letting go of resentment or anger. Forgiveness is not the same as reconciliation; for instance, one does not have to return to the same relationship or accept an offender's harmful behaviors. Forgiveness is done to benefit yourself. You release yourself from resentment, pain, and overabsorption of the past when you forgive. You can live fully in the present moment by forgiving. Forgiveness does not imply forgetting what has occurred. There is no need to forget because you can see the worth of what you went through.

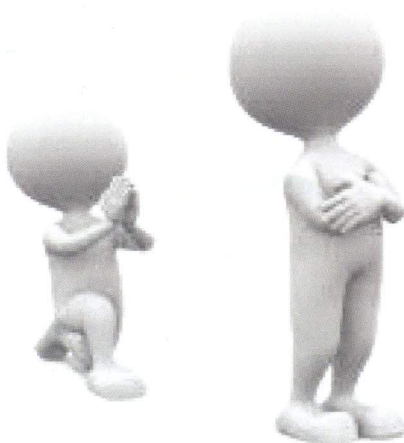
Importance of Forgiveness

- Better relationships
- Improved mental health
- Reduced anxiety, stress, and hostility
- Reduced depression
- Improved blood pressure
- A greater capacity for conflict management
- The restoration of positive thinking
- Improved self-esteem
- A greater sense of hope

F O R G I V E

Practicing Forgiveness

- **Practice mindfulness** - Seeing things from a clear mindset helps in increasing forgiveness.
- **Nurture empathy** - With empathy, they can experience and show the power of choice and become more forgiving.
- **Patience** - Take small steps towards forgiving others. Since forgiveness does not happen overnight, only sustained practice can increase forgiveness.
- **Benefit finding** - Write a letter detailing your pain, and how it helped you grow into a better person.
- **Talk** - If you can, have the uncomfortable conversation with whoever has hurt you. Convey your feelings and why he/she shouldn't have done what he/she has done.
- **Forgive Yourself** – Self-forgiveness is very important. It will help you see the past version of yourselves as doing the best you possibly could at the time. You can see yourselves fully and love your strengths and weaknesses.
- **Relax** – Do anything that can help you unwind. Practice deep breathing, or taking a walk outside, whatever is most effective for you.



**For scheduling an appointment with a counsellor at
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