



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 Read these ideas about forgiveness.

Do they make sense to you? Which do you like?

Number them, 1-6. (1 = best idea).

Forgiveness is not forgetting.

Forgiveness is letting go of pain. – Kathy

Not to forgive “is like drinking poison, then

waiting for it to kill your enemy” - Nelson Mandela

It takes a strong person to say, “I’m sorry.”

It takes a stronger person to forgive. - unknown

“Goodbye” is easier to say than “I was wrong” - unknown

When you forgive, you don’t change the past.

You change the future. – Bernard Meltzer.

If you can’t forgive someone, you don’t really love them. -unknown

2 Compare your answers with a friend. Talk about “why”.

3 Is there anyone you want to forgive? Who?

Language focus: understanding proverbs
Positive psychology focus: Happy people forgive

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