

Forgiveness Reconciliation and Restoration

Forgiveness

- Psychologists generally define forgiveness as a conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether they actually deserve your forgiveness.
- Just as important as defining what forgiveness is, though, is understanding what forgiveness is not. People who study or teach forgiveness make clear that when you forgive, you do not gloss over or deny the seriousness of an offense against you. Forgiveness does not mean forgetting, nor does it mean condoning or excusing offenses. Though forgiveness can help repair a damaged relationship, it doesn't obligate you to reconcile with the person who harmed you, or release them from legal accountability.

Reconciliation

- If one person is injured by another, we could say that the two persons are 'pushed apart' by the injury, and so, if they are to become friendly again, this gap between them must be repaired—they must be reconciled.
- Reconciliation comes from the Latin words 're', meaning 'again', and 'conciliare', which means 'to bring together', so reconciliation means 'to bring together again' or 'to make friendly again'

Restoration

- Repairing the harm
- The act of returning something that was lost, stolen, or removed
- But this doesn't mean it will be as if the harm had never happened – it will be a new version of the old (e.g. 'up-cycled')
