

If a family's way of dealing with mental illness is not in the best interest of all its members, then it is not the best solution (Johnson, 1994; p. 169).

	FORGETS	DOES NOT FORGET
FORGIVES	NAIVE	WISE
DOES NOT FORGIVE	THAT GUY IN "MEMENTO"	STUPID

What does it mean, "forgive?"

According to Merriam-Webster (Forgive. (n.d.). Retrieved October 2, 2018, from <https://www.merriam-webster.com/dictionary/forgive>)

1: to cease to feel resentment against (an offender) : PARDON
forgive one's enemies

2a: to give up resentment of or claim to requital (see REQUITAL sense 1)
for forgive an insult

b: to grant relief from payment of
forgive a debt

Forgive them for their mental illness?

According to Avalon Malibu (2017):

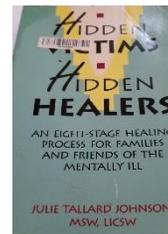
1. First, we have to accept that our loved one has a mental illness which is beyond our control.
2. Second, we have to learn to forgive them for how they might behave and how that behavior might affect us.
3. Forgiveness does not mean forgetting.

4. Acceptance does not mean condoning.
5. Learning to set healthy boundaries, create healthy responses, and communicate in healthy ways are part of the process.
6. Forgiveness sometimes means giving up all hope of a better *past*.

The reality?



"Even though I had done these things while biochemically removed from reality, I still had done them. If someone burns your house down by mistake, it is an accident. But that accident can destroy your entire life" (Arouz, 2013).



Forgiveness

"I forgive myself for any mistakes I have made. I forgive and release those who have harmed me."

Release emotional pain.

Acknowledge the behavior (how you have been disappointed, lied to, frightened, harmed in some way).

Feel your feelings (anger, hurt, fear) & move through them and release them so they do not fester in you as resentment or negativity.



LET GO!

Forgiveness is the ultimate act of love; the

ultimate act of acceptance. It allows movement and growth, even in accepting the way things are rather as we might wish them to be.

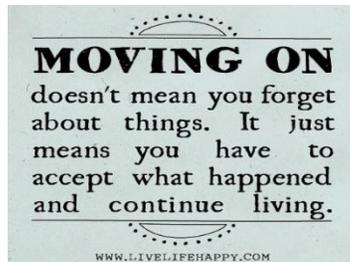
Be Willing to drop the Narrative on a particular injustice, to stop telling ourselves over and over again the story of what happened, what this other person did, how we were injured, and all the rest of the upsetting things we remind ourselves in relation to this unforgivable-ness.



Let the past be what it was, to leave it as is, imperfect and not what we wish it had been.

Stop the *shoulda, woulda, coulda been-s* and relinquish the idea that we can create a different (better) past.





Plante (2014) 7 Rules of Forgiveness

1. Forgiveness doesn't mean that you have to forget, too.
2. Forgiveness doesn't mean you're minimizing your victimization experience.
3. Forgiveness doesn't mean that you're a chump. Forgiveness is *not* a sign of weakness, naivete, or foolishness.
4. Forgiveness doesn't depend upon the other person apologizing and accepting your offer of forgiveness.
5. Forgiveness is a process. Forgiveness isn't an all-or-none, black-or-white kind of thing. It is a process.
6. Forgiveness is for *your* health and well-being.
7. **The secret sauce in forgiveness is letting go of anger.**



You have the opportunity to create a different story of your life moving forward; new relationships with your loved ones.

Unhook yourself from those who transgress and promote your own healing.

Resources are on our webpage:

<https://growastrongfamily.org/loss-and-forgiveness/>

Grow a Strong Family is a family life education organization that provides support to families uprooted by mental illness.

Facebook: <https://www.facebook.com/growastrongfamily/>

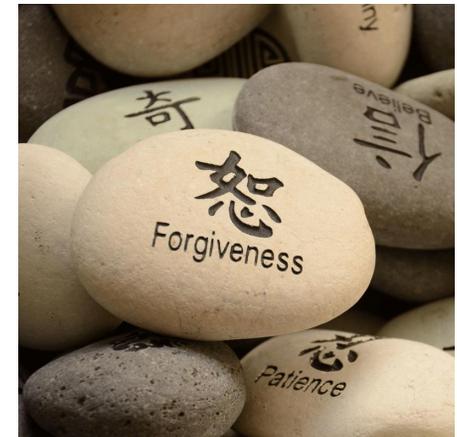
When support is desired, don't hesitate to get in touch 781.405.8376

www.growastrongfamily.org

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 Grow A Strong Family, Inc

Support for families uprooted by mental illness.



Loss & Forgiveness

Growastrongfamily.org