

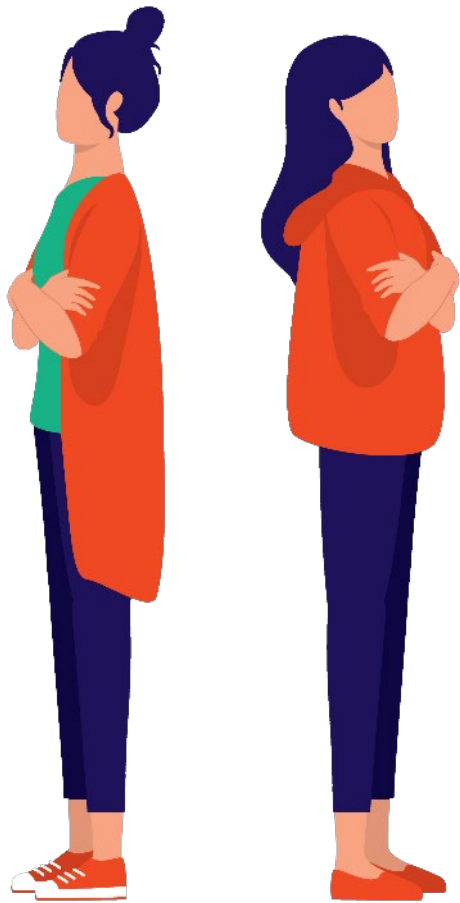


HUMILITY AND FORGIVENESS: THE COMPASSIONATE PATH TO HEALTH AND WELL-BEING

A WEBINAR FOR EMPLOYEES FROM YOUR
EMPLOYEE ASSISTANCE PROGRAM

November 8, 2023

INTRODUCTION



OBJECTIVES

- Define humility and forgiveness
- Review the central components and benefits of humility and forgiveness
- Explore various humility and forgiveness practices
- Engage in a guided forgiveness activity
- Discover how humility and forgiveness work together to lead to greater wellness



***What word do you
most associate with
humility?***

SECTION 1

HUMILITY

“Humility does not mean thinking less of yourself than of other people, nor does it mean having a low opinion of your own gifts. It means freedom from thinking about yourself at all.”

– William Temple

DEFINING HUMILITY



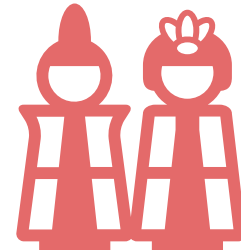
Humility is a characteristic and enduring way of being humbler and more modest, respectful, accepting, and open-minded toward ourselves and others.



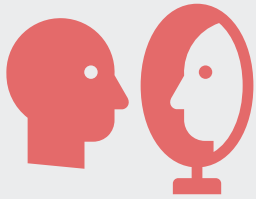
Truly humble people think well of themselves and have a good sense of who they are, but they are also aware of their mistakes, gaps in their knowledge, and imperfections. Most importantly, they are content without needing to be the center of attention or getting praised for their accomplishments.

TYPES OF HUMILITY

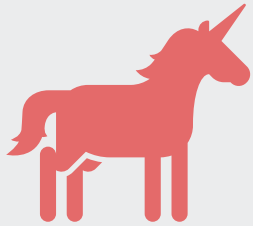
Relational
Intellectual
Cultural
Existential



BENEFITS OF HUMILITY



Enhanced awareness and acceptance



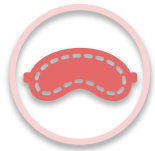
Greater ability/willingness to show your true self



Stronger connection with others

HUMILITY IN PRACTICE

Develop self-compassion



Comfort your body



Write a letter to yourself



Use affirmations

Seek feedback



Understand your strengths and limits

and limits



Acknowledge when you're wrong

Admit mistakes and harm you've caused



Compliment others

Give genuine praise and admiration



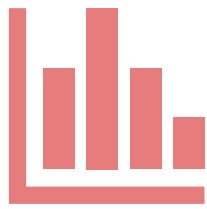
Celebrate in private

Private praise can lead to higher self-image and less need for external validation



SECTION 2

FORGIVENESS



Which two qualities do you identify with most when forgiving someone?

- Forget about resentment and hurt
- Repair the relationship
- Have more compassion for yourself and the other person
- Work to stay on good terms with the person
- Let go and move forward
- Regain peace of mind
- Easy, quick, and effortless.
- A form of self-love

FORGIVENESS

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”

– Buddha

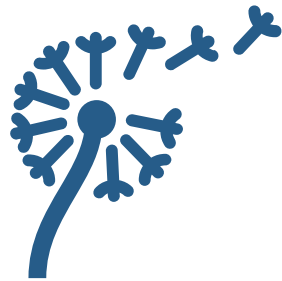


“Today I decided to forgive you not because you apologized, or because you acknowledged the pain that you caused me, but because my soul deserves peace.”

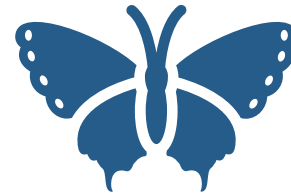
– Najwa Zebian



DEFINING FORGIVENESS



Forgiveness is the process of making a conscious effort to let go of something hurtful that happened to you by releasing negative thought patterns, anger, resentment, and pain.



Engaging in this emotion-focused process is an active choice to no longer suffer the harm that was done to you.

COMPONENTS OF FORGIVENESS



Acknowledging the experience and allowing ourselves to feel



Making peace with the word *no*



Moving forward without prejudice and with an open heart

MYTHS ABOUT FORGIVENESS



Forgiveness means that what happened was okay



If the act or person is forgiven, it might happen again



If I forgive, it means I must reconcile



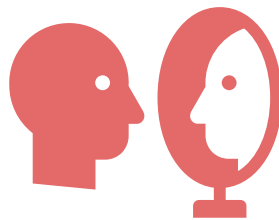
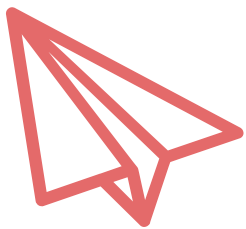
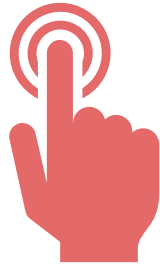
After I forgive, I will never feel angry or hurt

SECTION 3

SIX STAGES OF FORGIVENESS

SIX STAGES OF FORGIVENESS

Identification
Acknowledgement
Empathy
Self-forgiveness
Release
Reflection



STAGE 1: IDENTIFICATION



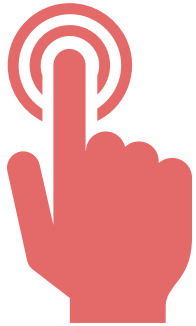
Identify your feelings

Make space for facts

Acknowledge any responsibility on your part

Gain awareness of underlying beliefs about forgiveness

STAGE 2: ACKNOWLEDGEMENT



Acknowledge your pain

Just listen to it

Don't try to fix anything

Don't minimize or disregard your emotions

STAGE 3: EMPATHY



Put yourself in the other person's shoes

What in your life/upbringing caused you to act that way?

How do you justify what you did?

Have self-compassion

Recite loving affirmations

Apologize to yourself

When an apology never comes, write out the ideal one

STAGE 4: SELF-FORGIVENESS

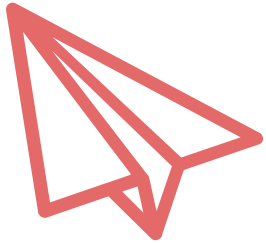


Feel deserving of forgiveness

Address shame

Reflect on self-expectations

STAGE 5: RELEASE



Avoid taking things personally

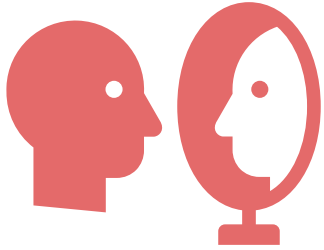
Acknowledge reality

Reframe and redirect our thoughts

“To let go does not mean to get rid of. To let go means to let be. When we let be with compassion, things come and go on their own.”

– Jack Kornfield

STAGE 6: REFLECTION



Live with purpose and intention

Take responsibility for your emotions

Build self-esteem

GUIDED FORGIVENESS PRACTICE



SECTION 4

HUMILITY AND FORGIVENESS

HUMILITY AND FORGIVENESS

How they are interrelated

- Helps you gain newfound perspectives
- Lowers your level of resentment
- Strengthens your relationships and leads to higher daily life satisfaction



- Fosters a more accurate and compassionate self-view
- Promotes a greater understanding of others
- Improves your level of engagement in self-care

SUMMARY



RESOURCES

Books

- ***Humble: Free Yourself From the Traps of a Narcissistic World***
 - Daryl Van Tongeren, 2022
- ***The Forgiveness Workbook: Cultivate Compassion, Release Resentment, and Find Peace***
 - Ilene Cohen, 2021

Website

- The Forgiveness Project
theforgivenessproject.com

Podcasts

- Confidence Covered by Humility
confidencecoveredbyhumility.com
- Cultural Humility
drgallardo.com/ch-podcast

Video

- 20-Minute Guided Forgiveness Meditation
youtube.com/watch?v=MPKzgdO-VfY

App

- Forgive Yourself
[Android](#) | [iOS](#)

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