

Deklarasikanlah pengampunan.



- Ungkapkanlah di dalam doamu.
- Ungkapkanlah kepada diri sendiri.
- Ungkapkanlah kpd yang bersangkutan.

AKU MAU & MAMPU MENGAMPUNI

Thomas Fleming

- I am convinced that forgiveness is one of the untapped – and least understood – sources of healing power. Essentially, it involves a decision to abandon the impulse to get even. Though the idea may seem passive to some, genuine forgiveness is a positive act that requires enormous spiritual strength.

Donald Hope

- Forgiveness involves a paradox.
- It looks contradictory to our self-interest to let go of wrongs.

Donald Hope, a therapist

- Trying to get even only leads to a vicious circle of retaliation.
- In the long run, forgiveness is the best choice for the forgiver – and the forgiven.

Avodah Offit, a psychiatrist,

- Most of those who hurt us are people we are closest – parents, siblings, spouses, friends.
- Most difficult to forgive is marital infidelity.

Avodah Offit

- Not forgiving an infidelity frequently cause sexual problems.
- Unresolved anger and the desire for revenge are often expressed through impotence or lack of sexual desire.

- Again and again,
I find that
forgiveness is
a crucial milestone
in the therapeutic
process.

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