



Forgiveness Is a Choice: A Step-By-Step Process for Resolving Anger and Restoring Hope

Robert D. Enright

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By demonstrating how forgiveness, approached in the correct manner, benefits the forgiver far more than the forgiven this self-help book benefits people who have been deeply hurt by another and caught in a vortex of anger, depression, and resentment.

Forgiveness Is a Choice: A Step-By-Step Process for Resolving Anger and Restoring Hope Details

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From Reader Review Forgiveness Is a Choice: A Step-By-Step Process for Resolving Anger and Restoring Hope for online ebook

Amber Strocel says

I really enjoyed the message of this book, and found it helpful on the whole. Several passages really spoke to me, and I found myself highlighting a lot.

The reason I'm giving it only three stars is that you're meant to read slowly, journal along with the book, find a forgiveness partner, and a whole bunch of other stuff. Of course, I never got around to doing that other stuff. So if you're looking for a quick read, or really just a book, this isn't it. The intention, clearly, is to really work on yourself in a meaningful way which is great, but more than I was willing to take on as I read.

Brook says

Takes the concept of forgiveness and uses research to demonstrate its value. Then provides a guide for how someone can think/journal through their anger to forgiveness. Spiritual links throughout the book. A must have for counselors.

Carrie says

Changed my life!!!

Endah Taufik says

Bagus. Bener-bener menjelaskan sebenarnya apa arti memaafkan. Apa yang perlu dilakukan ketika seseorang memutuskan untuk memaafkan orang lain. Perbedaan anger dan resentment.

Step by step untuk benar-benar memaafkan.

Sayangnya kurang banyak contoh. Dan seandainya aja, ditulis oleh seorang muslim (bukan maksud mendiskreditkan agama tertentu). Keinginan ini murni karena saya seorang muslim. Kalau dikaitkan dengan ayat-ayat Al Qur'an, hadits dan cerita-cerita dari zaman Rasulullah serta para khalifah, pasti keren banget. Misal, waktu penulis ngasih contoh bentuk 'memaafkan yang sepenuhnya' adalah ketika seseorang sudah mampu bersikap baik pada 'offender'. Inget kan kisah Rasulullah yang meski sudah dihina dan dicaci maki oleh seorang pengemis buta, beliau tetap berbuat baik padanya dan justru kebaikan pada pengemis buta tersebut melebihi kebaikan orang-orang pada umumnya, yakni memberikan makanan setiap hari dan menuapi pengemis itu. Menurutku, itu adalah salah satu contoh konkret, memaafkan yang sebenarnya.

Shimaa says

I want to read it

Teri Stich says

I can't rate the as accurately as I should. I read most of it but did not do any of the exercises. Had a lot of good things to say about forgiveness and resentment. Hopefully I have taken some of it with me.

Dawn Johnson says

Great suggestions and loved the journal entry which can be a long tedious process, but necessary to get the most out of this book.

Ellesa Sabasaje says

We are at our human best when we give and forgive. But we live in a world in which it makes little sense to do either one. Only by coming to terms with the demons of the past can one truly heal and build a future.

The book shows the gist of forgiveness as this:

First, acknowledge that someone hurt you deeply. Sometimes that hurt can turn to anger and the anger can cause you to self-destruct beyond your control and push people away. Even when you hide your hurt and anger, they seep through other areas of your life and slowly erode your character until all that's left is a shell of your former self. Most of the exercises helped me explore feelings of guilt and shame as associated with anger.

Next, comes the courageous act of committing to forgive the person. What forgiveness is and what it is not. It's not a weapon to regain your personal power. It's a tool to gain back your peace.

Then, comes the actual act of forgiveness. Trying to see the one at fault in different ways without compromising the truth of what happened, without altering the fact that what they did was wrong. This can be very dangerous, in certain situations, as putting yourself in their shoes can backfire and cause you to see yourself as the one at fault. I've come to know that forgiving yourself is a lot harder than forgiving another. But the release and emotions that come from this step can be greatly beneficial to the one who forgives.

Even after a year, I'm still struggling. Struggling with the shame of acknowledging that I let someone I trust hurt me over and over again and taking care not to cross the thin line between that and being a constant victim. The journaling tips in this book have been most helpful and reading my entries in retrospect have given me the right perspective, allowing me to see things from a place of love instead of hatred.

Ellen Lindgren says

I heard Professor Enright speak in Madison. He is a humble, incredibly dedicated man. His message of

forgiveness is timely and applicable to so many--individuals, couples, families, clans, religions, countries...it seems to work, to go through the process. Enright's life's work is to restore people to wholeness, one child or person at a time. It was amazing to read and hear about his work with abused women, children in Ireland, and incarcerated individuals.

It makes forgiveness a viable alternative to revenge, hatred, depression, and anger.

Kirsten says

I read this for a class at the University of Utah - I liked it, it has a lot of good information but I got tired of all the journaling. I do see that journaling is helpful way for you to see how you really feel about the situation you are trying to work through and finally find the peace that comes when you forgive.

Randall Rhodes says

This book is excellent for helping anyone forgive wounds, traumas, and tragedies that linger from the past. And you will probably find out you have more forgiving to do once you get started!

Leslie says

This is an excellent book for anyone who is still hurting from past or present hurts. The book has you do exercises such as putting yourself in the other person's shoes, etc. Most important, the book emphasizes that forgiving someone does not mean you forget or that it makes what they did okay. What it does do is free you from anger that can poison you and your relationships.

Nicole says

Madonna gave this book a shout out on her blog! We think it has something to do with her and Elton making up.

Mindy says

Excellent- allows reader to take his/her own pace, empathizes, and allows choice as the book progresses. Also banishes myths that forgiveness requires 2 parties and that forgiveness means forgetting or dismissing things that happened to a person. For professionals, anyone working with trauma victims or those with lingering grief or anger can benefit from having a look at this book.

Tim Heck says

A marvelous study in Forgiveness that can set even the most guilt-enslaved heart free.
