

Forgiveness: The Missing Peace

Post Test

1. Simon Wiesenthal in his book, "The Sunflower", struggled with the issue of granting forgiveness to a dying man who was a Nazi soldier. He told the soldier that his crimes were too horrible to forgive.

- a) True
- b) False

2. We forgive people for what they do and not for what they are

- c) True
- d) False

3. Which of the following could define forgiveness.

- e) A coping mechanism
- f) An attitude or way of being
- g) Taking back control
- h) All of the above
- i) None of the above

4. Forgiveness is a trainable skill that anyone can learn.

- j) True
- k) False

5. The ability to forgive depends on how much time has passed and the possibility that the relationship could be restored

- a) True
- b) False

6. Religious traditions, culture and ethnicity should be considerations when psychotherapists use the intervention of forgiveness.

- l) True
- m) False

7. Which of the following are steps in the process of forgiving?
- a) Identifying the hurt and anger
 - b) Acknowledging how the pain has affected your life
 - c) Invite them to consider that letting go is a choice
 - d) All of the above
 - e) None of the above
8. We can forgive ourselves for what we blame ourselves for.
- a) True
 - b) False
9. Judy Herman points out in *Trauma and Recovery* that we are not responsible for what has been done to you, but we are responsible for your own recovery.
- a) True
 - b) False
10. When we begin the process of forgiveness we surrender the right to get even.
- a) True
 - b) False