



# **Forgiving and Repenting - how to work with that bridge building capacity?**

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**Indication:**

**Injury inflicted by others**

→ personally hurt



# Injury inflicted by others

→ Specific feelings of the 3<sup>rd</sup>  
Fundamental Motivation like:

Embarrassment, Disgust  
Envy, Rivalry, Greed/Stinginess, Jealousy,  
Malicious joy



# Injury inflicted by others

→ Specific feelings

→ Coping reactions like:

Distancing oneself; Punishing, Justifying  
oneself; Anger, Annoyance; Freezing  
Reflex: Splitting and Dissociation



# **1. Forgiving:**

= personal active process to  
overcome the injury



**Forgiving means:**  
to release someone from guilt



## 1. Forgiving

= I don't claim anything anymore from the other

- No **“unsettled account”** stands between us
- You are not in my **debt** anymore
- I do not demand **satisfaction**

☐  $\Rightarrow$  to check

**if I still need something from you for my self-appreciation/ for the maintenance of what is my own**



## **Delimitations to misunderstandings:**

- To forgive does not mean to “forget.”
- “**To understand** is to forgive all”





### Special circumstances:

- **Facilitation:** the other acted *unintentionally*, didn't want to hurt
- **Complication:** the opposite of the above: Forgiving is *more difficult*, when the other has **no insight** and does not feel remorse



...

## 1. Forgiving

### *Questions:*

- *Do we absolve the other's guilt* by forgiving?
- Is it perhaps *not always good to forgive*?
- **Forgiving hardly happens** with:
  - Trauma, rape — but when the experience is overcome, then forgiving is rather possible.
  - When defiance and punishment predominate (“the other should suffer their guilt”)
  - An inability to accept, to let it be real



# Steps of forgiving



# 1. ASSESSMENT OF THE DAMAGE

→ *inner ground* by dealing with the fact.

→ *Insight and Evaluation* of the **damage**

→ *concrete* effects



## 2. GRASPING THE FEELINGS

*⇒ to relate to the wound which brings  
more life (healing power) into the injury*

To give space to the feelings, feel the wrath and anger, possibly the grief

How does *my life* feel with it → looking at the connection the injury has with my life.

Needs time...



### 3. GRASPING THE “OWN”

⇒ *inner distancing from the happening*

- a) Formulate precisely the **justified claims**
- b) Clarification of what one **still has a need** and to **fight** for these claims and let go the rest
- c) One **decides** about **dealing** further with the situation (renouncement; plan) → distance grows



## 4. MEANINGFULL DEALING WITH THE OPEN DEMANDS

⇒ *Appropriate action.*

Where to stand up for what is left open?  
With which means?



# SHORT FORM OF THE STEPS OF FORGIVING

1. What is the concrete **damage**?
2. How did I experience it and how do I actually **feel** about it?
3. What do I **demand/need concretely** and how would I like to deal further with this?
4. What would be a **reasonable procedure**?





# REFLEXIONS

1. Forgiving  $\neq$  no **pain**
2. **Doable**: these steps
3. I am **not guilty** if I cannot forgive
4. Psychological activity = looking at what I **myself can do**
5. Not forgiving  $\rightarrow$  **mental stress**, like poison, bitterness syndrome



## **2. Own actions in which one gets lost**

**Self-inflicted damage —  
repenting/remorse**



# **WHAT GETS LOST, WHEN I DO THINGS, WHICH ARE NOT MINE?**

→ "I" get lost to me, I become strange to myself.

→ feeling of emptiness

→ inner alienation, feeling lost

→ pain – “sorrow”, “It’s a pity”



# REGRET

Is a **personal act**

= parallel to **forgiving** – but inwardly

→ for **contouring of myself**

→ for the **community**, for the others



# STEPS OF REGRET

1. Feel **sorrow** for the damage, regret it

= insight + **admission**: this is not right = mistake.

2. Act of remorse – happens through **inner dialogue**

sensing the wrong that I have done in light of the right

3. Positioning: Intention to **change**

Bridge to where I belong through willingness to change

4. **Forgiving self**

Inner reconciliation - “more I can’t do!”



## REGRET - SUMMARY

1. **Perception** of the not-right & consequences
2. **Feelings:** stepping into relationship to me and wanting to feel the value
3. **Positioning:** Considering the necessary changes inside and outside
4. To bring into dialogue and **action.**



# Thank you for your attention!



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