



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 3rd 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**

⇒ 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



...

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 ≠ 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 → **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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