

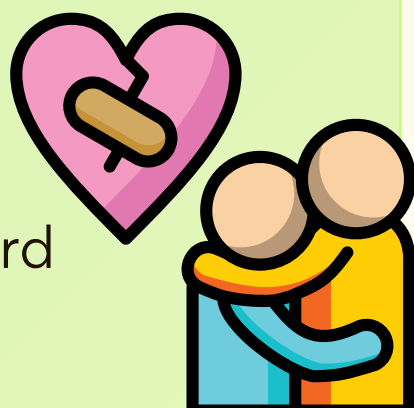


Forgiveness & Health

“**Forgiveness is a complex concept.**

- It happens gradually and is a conscious choice to change how you feel, think, or act in response to hurt caused by a recognized wrong.
- It doesn't justify the offense.
- It means to let go of bad feelings toward the person who caused the harm.

Spiritual Clin Pract. 2017;4(3):216-227



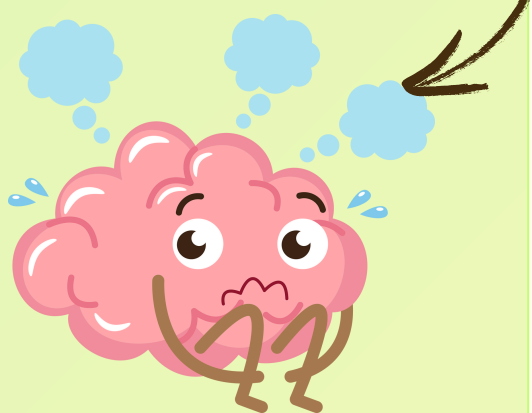
When you **forgive**, your hypothalamic-pituitary-adrenal (**HPA**) axis that controls **cortisol** release, is able to **regulate stress**.

Psychoneuroendocrinology 2025;175:107407

Unforgiveness leads to an overworked HPA axis, causing anxiety, depression and a weakened immune system.

BMJ Public Health 2024;2(1):e000072

Psychoneuroendocrinology 2025;175:107407

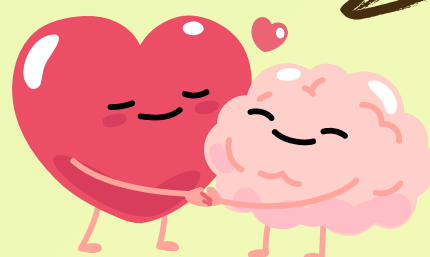


Unforgiveness comes from overthinking the motivations and the consequences of the transgression. This leads to a **cycle of unforgiveness - unhealthy anger**.

J Relig Health 2022;61(5):3729-3746

Forgiveness changes brain activity by reducing hostility, overthinking, personal offense and aggressive behaviors.

Front Hum Neurosci 2013;7:839



Forgive!

Let it go!

Be free!

