

Engaging Dispositional Forgiveness: A Structure for Consistent Forgiveness Praxis

Florence Wamahiga Githuthu and Esther N. Gicheru

Abstract

Although forgiveness is hard work, it enables individuals who have gone through unfairness and harm outgrow the pain of resentment and hostility to a condition of wellness and health. Still, it is possible that authentic forgiveness, regardless of significant violations may, as a matter of choice occur when the injured have hitherto achieved proficiency with the forgiveness praxis by practicing consistently. This manuscript suggests a brief dispositional forgiveness praxis that permits individuals to achieve experience in forgiving trivial faults on a consistent basis. Even though other forgiveness practices are in existence, this praxis is distinctive in that it draws from a philosophically and scientifically firm appreciation of the forgiveness procedures and is supposed to build up ones' capacity to forgive in the circumstances of more difficult wounding and unfairness that may occur ahead. Individual persons engage in this praxis by meditating upon smaller instances of wrongdoing from their everyday life and wade through six steps, each informed by inquiry in forgiveness counseling and self-understanding; to move from anger to empathy. A case study is provided to demonstrate one personal experience in engaging in one of consistent forgiveness praxis in the repercussions of a small wrongdoing.

Full text: <https://doi.org/10.1177/15423050221119100>