

'Forgiveness' is a rather easy word, though, difficult to say heartedly.

In my life, as I have the second type personality in Enneagram, helper, I tend to help others and open-handed. I seldom hate others for no or minor reasons.

In the followings, there are two cases about 'forgiveness'. One is about myself and the other is about

The relationship between my girlfriend and I is not bad at all. However, we sometimes quarrel over trivial matters. For example, when I am busy with my studies, she always complains that I am neglecting her. Last week, I was hurrying home, and I decided to go to a nearby restaurant to have our dinner. However, she was depressed about not going to the one she originally decided. Although at last we went to the one she preferred, she just said it was meaningless and left angrily. I tried to explain to her, but she didn't listen. At that moment, I was really angry. Although I was studying EQ, I couldn't forgive her getting angry over such a trivial matter. I said to myself, 'Don't phone her unless she calls me.' ✓

What is the result then? We are ok, or even better. After she left me alone, I went to a quiet and calm myself down. ✓

The atmosphere of was really very calm and with very few people inside. I could hear a soft jazz, with a sweet fragrance. I felt relaxed. I could hear my own breath, my heart beat. ✓ Everything was peaceful. I knew they were the external factors. They helped me to control my emotion; helped to recall my memory, brought back my senses to deal with my emotions. I understood why I was so angry. The pain needed time to tackle. ✓ I knew why I was calm. The external environmental factors were helpful. I also knew I needed to calm down so that I could look into the matter sensibly. A strong signal crossed my mind then, 'No pain no gain in all love relations. ✓ Bind up the wounds of love with forgiveness, bind love with forgiveness... ✓

However, whenever I think of her brutality and inhumanity with no reasons, and her inconsideration, I became angry again. It is really hard for me to forgive her. My mind was struggling. Just at that moment, a couple passed by. The words of my seventh form teacher came into my head, 'Hey boys, be a gentleman, girls need care, today's forgiveness could be tomorrow's honey!' I told myself, 'Yes, I like her, one small step would be a large advance later.' ✓ It was the time I wanted to forgive. Happy memories appeared in my mind. 'I am a gentleman, I must cross the boundaries first.' I said. Forgiveness could heal our wounds. I also realized I should think on her side. She ✓

wanted to go to a better restaurant with me. She missed me so much and wanted to be with me longer. All she did is out of love.

What I am doing was changing my way of thinking, making everything positive. I can do it because I have faith in our future.

Therefore, I prepared to phone her. However, just at that moment, I stop dialing and thought. I knew I was not angry; I knew I wanted to forgive. At last I gathered my courage to phone her. I realized that what I lack was self-confidence. I was afraid of being refused, being ignored. Gradually, I was more confident. 'Unable to forgive is like wrapping myself in chains. Forgive and free myself. I should give forgiveness time, as healing and growth are like fine aged cheese, not like instant mashed potatoes.' Finally I decided to forgive my girlfriend and make up our quarrel.

Thank god, when I phoned her, she said she was sorry and cried. I was really very pleased and proud to have such a good girlfriend.

After that, my self-esteem started to build up again, as my effort was successful in that case.

Another case is about _____, who is my mum's best friend, living just a few floors above our flat.

Three years ago, _____ was living happily with her _____-year-old mother. One day when _____ was out, her mum committed suicide by jumping from the flat to the ground. The terrible shock terrified both families. _____ was of course very depressed and sad. She couldn't eat, couldn't sleep. She felt guilty for her mum's self-annihilation to end up her pain from disease.

Friends, relatives and social workers tried to help her. But it seems useless. The main reason was: Auntie Wu could not forgive herself. She thought she was too careless. At last, _____ whole family moved to a new flat.

The impediment to forgiving was _____ was blaming herself too much. She always believed it wouldn't happen if she were at home.

The forgiving process takes a long long time. The guiltier a person feels, the longer time he/she needs to recover. In this case, _____ took a year's time to forget the unhappy feelings. From my perspective, I'll say it is neither a sufficient nor efficient

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forgiving process. I believe if she recalls the unhappy matter, she would be depressed again. Yes if she was not able to "let go" (the "evil" in her heart 心魔 — she had to take the responsibility of her mum's death!!)

In my opinion, she should not be guilty. Firstly, even if she was at home at that time, she couldn't guarantee that her mother would not try to commit suicide. ^{in a near future} Secondly, she could not stay at home looking after her mum all the time. Thirdly, Auntie We can do nothing about everything now. Committing suicide herself? This is of course not a solution. So, we refusing to forgive can only hurt us. ✓

The other reason why she couldn't forgive herself is: She is a first type person in the Enneagram, that's the Perfect type. For person of this type, everything she wants to do must be perfect. She has a high expectation. She cannot relax easily to think over the problem. She has a high sense of responsibility. The highly responsible characteristic, leads to a difficult task in the forgiving process. ✓

To make it simple, besides thinking and feeling positive and changing the way of thinking and by receiving some physical and medical treatment, she can be improved by discovering herself through Enneagram. ✓ She should understand that being correctness is not just a part of natural order. She needs to develop compassion for herself. ✓ She should recognize and minimize the internal critical voice, allowing a free time for pleasure and relaxation. ✓

Lastly, I believe life is never perfect and often unfair. In order to: withstand difficulties and recover from injuries, we must bend without breaking and be resilient in times of trouble. BE FORGIVING! ✓

A couple of really impressive daily life events, fine and vividly articulated with "blood & flesh".

Student is able to apply rigorously the knowledge & skills in handling the two intense emotions, namely anger & grief feeling with real & concrete examples. The concepts, strategies, process & effects are also clearly spelled out.

Well done.

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