

Name _____

The Role of Forgiveness in Healing and Strengthening Relationships

Multiple Choice Answer Key

1. c) Letting go of negative emotions towards someone who has wronged us
2. c) Improved mental health
3. b) By understanding the other person's perspective and fostering compassion
4. c) It protects individuals from future hurtful actions
5. c) It allows individuals to express their feelings and understand each other's perspectives

