

# Abstract

## Facilitating Forgiveness: An NLP Approach to Forgiving

Facilitating forgiveness: an NLP approach to forgiving is an attempt at uncovering features of the blocks that prevent people to forgive. These blocks to forgiveness can be detected in the real life situations of the six individuals who told me their stories. The inner thoughts, feelings and the subsequent behaviour that prevented them from forgiving others is clearly uncovered in their stories. The facilitation process highlights the features that created the blocks in the past thus preventing forgiveness to occur. The blocks with their accompanying features reveal what needs to be clarified or changed in order to eventually enable the hurt individuals to forgive those who have hurt them. The application of discourse analysis to the stories of hurt highlights the links between the real life stories of the individuals within their contexts with regard to unforgiveness to the research findings of the existing body of knowledge, thereby creating a complexly interwoven comprehensive understanding of the individuals' thoughts, feelings, and behaviours in conjunction with their developmental phases within their socio-cultural contexts.

Neuro-linguistic-programming (NLP) is the instrument with which forgiving is facilitated in the six individuals who expressed their conscious desire to forgive, because they were unable to do so on their own. Their emotions had the habit of keeping them in a place in which they were forced to relive the hurtful event as if it were happening in the present. Arresting the process of reliving negative emotions requires a new way of being in this world. The assumption that this can be learnt is based on the results from a previous study, in which forgiveness was uncovered by means of the grounded theory approach as a cognitive process (Von Krosigk, 2000). The results from the previous research in conjunction with the results and insights from this research study are presented in the form of a grounded theory model of forgiveness.

### Keywords

Action inquiry, anger, bio-psycho-social, body/mind, communication, consciousness, discourse analysis, ecosystemic epistemology, ethnographical, forgiveness, grounded theory, hatred, healing, holistic, human rights violations, hurt, multidisciplinary, intervention, intuition, model of forgiveness, narrative inquiry, neuro-linguistic programming, NLP, psycho-biographical, qualitative, rape, systems, therapeutic.