

# Class Participation Sheet

November 9, 2019

- Here is something I learned about optimism and pessimism. \_\_\_\_\_  
\_\_\_\_\_
- I consider myself to be Optimistic \_\_\_ I consider myself to be Pessimistic \_\_\_
- It is helpful for me to be around people that are (Optimistic / Pessimistic). (circle one)
- Definition of Forgive: to stop feeling \_\_\_\_\_ or \_\_\_\_\_ toward (someone) for an offense, flaw, or mistake.
- Forgive others, not because they deserve forgiveness, but because you deserve \_\_\_\_\_.
- Forgiveness is for me or for the person I'm forgiving. (circle one) It sets \_\_\_\_\_!
- As we reach out to the \_\_\_\_\_ who hurt \_\_\_\_\_, \_\_\_\_\_ are the ones who heal.
- Definition of Condone: accept and \_\_\_\_\_ (behavior that is considered morally wrong or offensive) to continue.
- Forgiving someone is not condoning what they did. True \_\_\_ False \_\_\_
- Forgiveness is not repressing \_\_\_\_\_ feelings of \_\_\_\_\_, anger, or hate.
- Forgiving is a decision to \_\_\_\_\_ yourself from \_\_\_\_\_, \_\_\_\_\_, hate, or the urge for revenge despite the injury you suffered.
- Forgiving is moving beyond \_\_\_\_\_.
- Learning to forgive can only \_\_\_\_\_ you; it cannot \_\_\_\_\_ you.
- When you \_\_\_\_\_, you don't change the \_\_\_\_\_... You change the future!