



FORGIVENESS
feelings **wrong**
change
differently
important faith courage
forgive
anger act person mistake let-go
help **show** focusing someone
revenge chance
new-start love God's
relationship
yourself
sadness

Virtue of the Week – FORGIVENESS



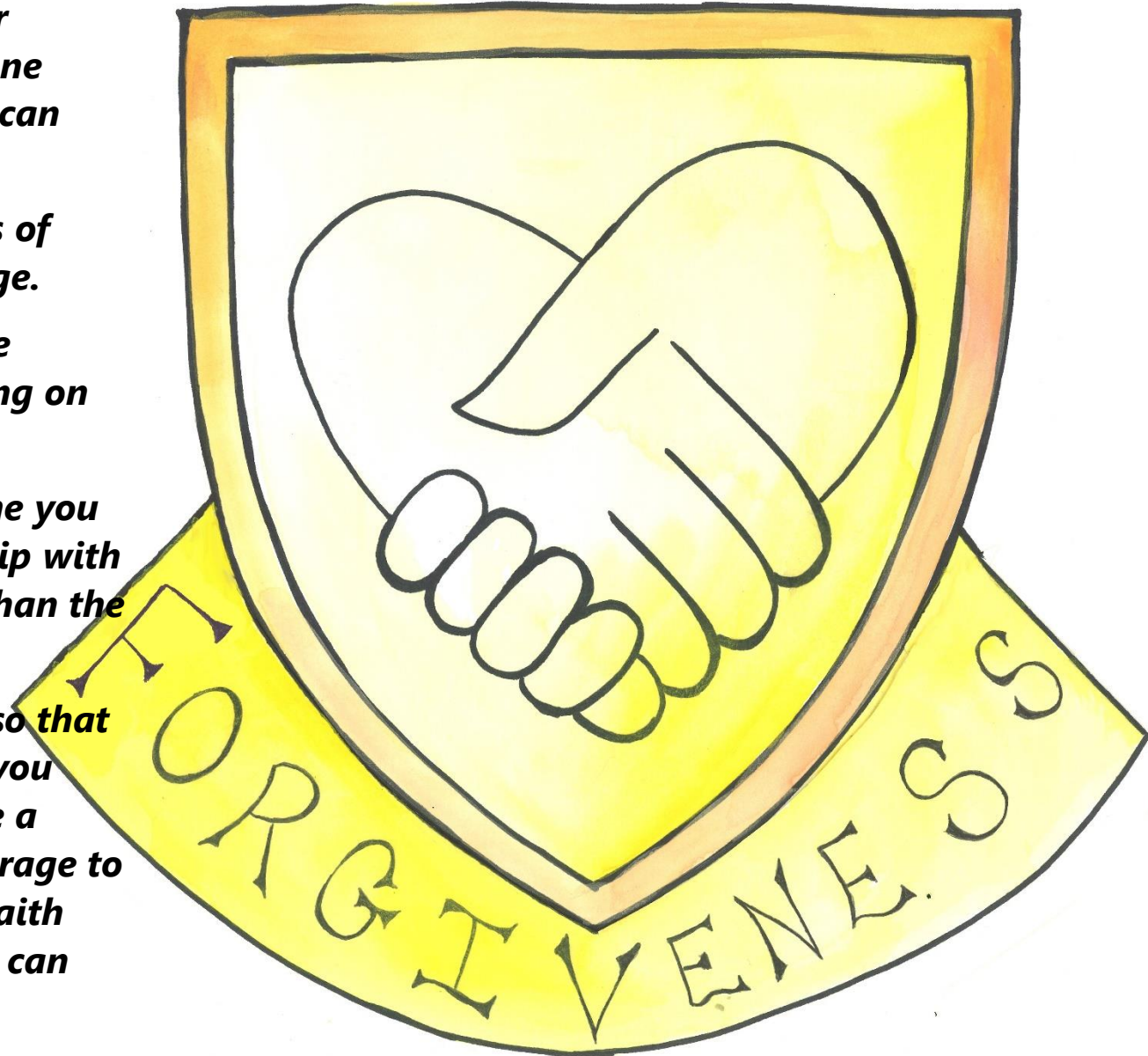
“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”
(Colossians 3:13)

You might be awarded a *forgiveness* virtue for doing things like:

- Reconciling with fellow pupils after conflict
- Reconciling with staff after conflict
- Helping others to resolve conflict



- ***You give someone another chance after they have done something wrong so they can make a new start.***
- ***You let go of your feelings of sadness, anger and revenge.***
- ***You show your love for the person rather than focusing on the wrong.***
- ***When you forgive someone you show that your relationship with them is more important than the wrong they have done.***
- ***You also forgive yourself so that you do not give up when you have done wrong or made a mistake, but have the courage to act differently and have faith that, with God's help, you can change.***



Letting Go of Perfectionism

Knowledge

- PERFECTIONISM is the refusal to accept any standard short of perfection. Often, perfectionism helps us to do a really good job. Sometimes, absolute perfection really is necessary.
- However, quite often perfectionism can actually get in the way of successfully completing a task – and, we end up punishing ourselves unfairly for the smallest mistakes.

Reasoning

1. Do you think that you are sometimes a perfectionist? How about others in your class? Can you give examples?
2. How has this affected your schoolwork? How about your life outside of school?
3. Why do you think some people are sometimes perfectionists and others not?

Practice

- There are lots of ways you can be more forgiving to yourself over perfectionism:
1. Done is sometimes better than perfect.
 2. Speak back to your inner critic.
 3. Learn to own your own mistakes.