

FORGIVENESS

**Health Promotion Program
Navy & Marine Corps
Public Health Center**

To err is human;
to forgive, divine.



-Alexander Pope

To forgive is to set a
prisoner free and
discover the prisoner was
YOU!



-Unknown



You're not forgiving them for their sake. You're doing it for yourself. For your own health and well-being, forgiveness is simply the most energy-efficient option.

-Doc Childre & Howard Martin



The weak can never forgive.
Forgiveness is the attribute of
the strong.



-Gandhi

If you haven't forgiven
yourself something,
how can you
forgive others?

-Dolores Huerta



The day the child realizes that all
adults are imperfect,
he becomes an adolescent;
the day he forgives an adult;
the day he forgives himself,
he becomes wise.



-Alden Nowlan

Always forgive your enemies—
nothing annoys them so much



-Oscar Wilde

A background image of a bright blue sky filled with soft, white, wispy clouds. The clouds are scattered across the frame, creating a serene and open atmosphere.

There is no revenge so complete
as forgiveness.

-Josh Billings

Forgiving releases you from the punishment of a self-made prison



-Doc Childre & Howard Martin

One thing you will probably remember well is any time you forgive and forget.



-Franklin Jones

I've learned that when you have an argument with your spouse, the first one who says "I'm sorry, please forgive me" is the winner!



-From *Live and Learn and Pass it On*