

# CHARACTER CONNECTION



“What is right is right, even if no one is doing it. What is wrong is wrong, even when everyone is doing it.”

## Character Trait:

### **FORGIVENESS**

**Forgiveness:** the act of pardoning somebody for a mistake or wrongdoing.

## Diversity Awareness:

### **STUDENT/BUILDING DIVERSITY**

Diversity can be defined as the recognition and appreciation of a variety of characteristics that make individuals unique. Some examples are culture, disability, socioeconomic background, education, ethnicity, religion, race and learning style. Why is it important to promote diversity in schools? Students can benefit in various ways from building diversity. Cultural awareness adds to the commitment of advancing racial understanding, and therefore increases learning to some degree. Promoting diversity to students should result in students feeling safe, valued and respected which can improve the student’s experience in school, the workplace and in life.

## *Quote Of The Month*

**“The weak can never forgive. Forgiveness is the attribute of the strong.”** -- Gandhi

## **DID YOU KNOW?**

Forgiveness actually has a physical affect on the body, such as lowering blood pressure and heart rate, and lessening symptoms of depression.

## Forgiveness Tips

Keep the following quotes in mind if you're finding it hard to generate positive feelings for the person:

Forgiveness is a choice. When you say, "I can't forgive that person," what you're really saying is, "I'm *choosing* not to forgive that person." If you say, "I can forgive", you'll find yourself forgiving soon.

"To forgive is to set a prisoner free and discover that the prisoner was you." - Lewis B. Smedes

"Those who are the hardest to love, need it the most."

"Hating someone is drinking poison and expecting the other person to die from it."

"If we could read the secret history of our enemies we should find in each man's life sorrow and suffering enough to disarm all hostility."  
Henry Wadsworth Longfellow

"Be kind, for all you meet, are fighting a great battle." - Philo  
"The hatred you're carrying is a live coal in your heart - far more damaging to yourself than to them." Lawana Blackwell, *The Dowry of Miss Lydia Clark*, 1999.

Forgiveness comes easy when you know that what people say or do is about them, it's not about you.

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## 12 Ways to Forgiveness

1. Realize that the hate you feel toward your adversary does not harm him or her in the way that you want.
2. Understand that the best revenge against your enemies is to live a successful and happy life.
3. Realize that the second best revenge is to turn the evil into something good, to find the proverbial silver lining in the dark cloud.
4. Make a list of the good things that emerge as a result of this awful experience.
5. Look for the helpers.
6. Be compassionate with yourself.
7. Learn that the Aramaic word for “forgive” means literally to “untie.”
8. Learn how to balance trust with wisdom.
9. Stop telling “the story.”
10. Tell “the Story” from the other person’s perspective.
11. Retrain your thinking. When your enemy and his or her evil actions come to mind, send him or her a blessing. Wish your enemy well.
12. Maintain perspective.

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