Are You Ready to Forgive? A New Study Shows Letting Go Is Good for Health.

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Early in his career as a marriage counselor, psychologist Everett Worthington noticed that many couples were angry about perceived slights and real wrongs — and he realized they could make progress only if they forgave each other.

Those insights prompted Worthington to embark on a decades-long academic career studying the science of forgiveness.

While the act of forgiving is often discussed by faith communities, Worthington has found that a secular approach to forgiveness also can be a useful strategy in improving health. He and his colleagues recently completed a study conducted across five countries showing that when forgiveness is taught, practiced and achieved, the result is better mental and overall well-being.

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