



## BUDDHISM IN ACTION

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Wisdom Perspectives  
For Our Time

### **Buddhism in Action Episode 4: The Practice of Forgiveness**

#### **Questions for Reflection**

*Note: whether you are watching this Buddhism in Action episode alone or with friends, the following questions can be used to guide your discussion and reflection.*

1. What are some of the obstacles that you experience to forgiveness? Are they any of the ones that have been mentioned (i.e., feeling that you need to re-establish the relationship with the person, feeling forgiveness means condoning the offense, etc.) or are there others you experience?
2. Forgiveness researcher Fred Luskin says we feel resentment when we want “yes” and get “no.” We feel resentment when reality doesn’t meet our expectations. He says, “Forgiveness is the ability to make peace with the word no.” Do you agree with Luskin? Discuss.
3. Do you feel that there are any actions that, by their very nature, are unforgiveable? Why or why not?
4. What would you need to do to develop the attitude of forgiveness more fully in your life?