

**1. Forgiving unconditionally
could mean a longer lifespan –
people who tend to forgive,
regardless of receiving an
apology, tend to live longer.**

2. Forgiveness helps your physical health. When you don't forgive, you are in a state of anger which puts you in a flight-or-flight mode. This mode can increase your blood pressure and heart rate. When people hold on to a grudge, they have higher facial muscle tension and sweat more compared with when they forgive.

3. Forgiveness also help with performing better on challenging physical tasks (after forgiving, hills seem to be less steep when climbing them and people tend to jump higher in an fitness test).

4. Forgiveness helps your mental/psychological health. Holding on to a grudge can lead to sadness, feelings of not being in control and stress, whereas forgiveness tends to reduce feelings of tension, anger, depression and fatigue and increases mood and the sense of personal power.

5. Forgiveness helps you sleep better and have a stronger immune system, thus being less likely to get sick. D.C.Dulcan, a Romanian neurologist says that after 5 minutes of anger, some guardian cells of our immune system will be blocked for up to 5-6 hours, thus making us vulnerable to diseases.

6. Forgiving others makes it easier for you to forgive yourself. People who asked for forgiveness for a wrongdoing were found to be more likely to feel like it was OK to forgive themselves.

7. Forgiving helps with rebuilding the closeness within a relationship. It creates a way to make peace between the offended and the offender.

8. Forgiveness promotes hope for solving real-world intergroup conflicts.

9. You set a good example for others, you gain self respect and...you are happier.