

Fill in the missing blanks:

1. Forgiveness helps your health as forgiveness tends to reduce feelings of tension, anger, depression and fatigue and increases mood and the sense of personal power.
2. Forgiveness help you have a better.....during night and it also help yoursystem.
3. Sometime we might be the ones making mistakes and practicing forgiveness helps us forgive..... .
4. Although it is not a “must”, forgiving increases the chances or rebuilding the between the offender and the offended.
5. Forgiveness helps with yourhealth and increases the chances of having a long, with a good blood pressure and strong immune system.
6. You feel happier and stronger when you