

# The intra- and interpersonal Effects of Self-forgiveness

*„Do you dare to give absolution to your present-day self from the sins you made yesterday?”*

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The study aims to understand the role of the individual and their milieu in the process of self-forgiveness. It seeks to create a complex picture, an overall view. Relying on the principles of positive psychology, it endeavours to comprehend those mechanisms of 20-30-year-old females during which they get injured and those during which they try to live them down.

The exploration of the background processes of life stories, choices, sentences is enabled by a semi structured interview, for which the recorded questionnaires – **BFI**; **„Family Forgiveness Scale”** (Pollard et al., 1998); **„Heartland Forgiveness Scale”** (Thompson et al., 2005) – serve as supplements, so to speak.

The main emphasis during the surmise is laid on the conscientiousness and instability dimensions and it turns out that stressing them is important. Besides, the results shed light upon the existence of the sociability factor as a protective factor.

Moreover, the hypothesis of the study is confirmed according to which the structure of the family origin, the parental patterns influence the self-forgiveness processes of the subjects, and they put out their effect in the long-term as well.

During the comprehension of the role of self-forgiveness and personality traits it is expedient to see that this is a rather complex area, in the case of which it is difficult to deal out justice. What has an effect on what? What can be the nucleus, the starting point of the whole? However, one thing can be declared: the confrontation with our own mistakes is an essential part of our humanness and it is important how we experience it, which direction can we turn into. If we let them to torment us every single time they come into our minds (Smedes, 1994), then they are going to follow us everywhere and they are able to become the ruiners of our health. In the process of time, our body can map the sorrow of the soul, it can evoke the symptoms of psychosomatic illnesses.

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