

# [The centrality of forgiveness](https://assignbuster.com/the-centrality-of-forgiveness/)

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The Centrality of Forgiveness of Affiliate The article “ The importance of forgiveness in African American struggles for freedom” by Robert Gould underscores the importance of forgiveness as an approach towards freedom from oppression that is holistic in nature. Gould categorizes oppression into direct, internalized and counter-oppression. He confidently affirms that forgiveness has the power to deal with all these kinds of oppression and even protect and individual from future oppression. Instead of taking the victim-oppressor approach, Gould outlines that both the oppressor and the oppressed are experiencing some kind of suffering. He further states that both the oppressed and the oppressor risk spending the rest of their lives in self-imposed imprisonment unless they let go of the past and embrace the hope that forgiveness brings. In essence, Gould refers to forgiveness as a form of healing for both the oppressor and the oppressed that holds a future with hope.   
In the article “ Five forgiveness assessments recommended for conflict resolution Processes” Gould provides detailed guidelines towards holistic forgiveness. He explains that to be able to forgive they must be aware of their subconscious perception of forgiveness. Such holistic forgiveness is very effective in resolving conflicts. From the discourse outlined by Gould, there is the realization that different people have different expectation from the process of forgiveness. It is therefore important to reconcile these expectations and seek for a common ground that will be amicable for the conflicting parties as explained by Gould. Gould also outlines that it is important that the healing for the conflicting parties take a higher priority even before they are persuaded to forgive each other. In essence, forgiveness should be a deliberate move by both individual without any form of external pressure and it should be preceded by healing.