

Pain and Forgiveness in the Eyes of the Filipinos

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Abstract

This study aimed at finding out pain and forgiveness as experienced by the Filipinos. The participants of this qualitative casestudy were composed of six (6) residents of Sta. Rosa and Binan, Laguna with a varying nature of pain. The subjects were gathered through common friends with the use of indigenous methodology of pagtatanung-tanong. The subjects underwent an in-depth interview that was semi-structured. The researchers used an interview guide which composed of set of questions asked during the conduct of the interview. Findings showed that Filipinos do not close their doors in forgiving the offenders; they do think that forgiving someone is necessary and not a hard thing to do; but, the capacity of an individual to forgive will still depend on the offense made. Filipinos look at forgiveness as not equivalent to the following terms: forgetting, pardoning and reconciling. Forgiveness for them is like giving the offender a chance to change and correct the undesirable actions done. Also noted, that the disposition to forgive is connected to an individual's religiousness or spirituality. Before a person could grant forgiveness they should undergo a process. The process of forgiveness includes: Grief and under it is questioning, next is Empathy and Acceptance. Since Filipinos think that acceptance is the key to forgive, it is the last process involved in forgiveness. Forgiving an offender would result to positivity towards life, moving on with life and "kaghinaan ng loob" o "Pagluwag ng dibdib."

Keywords: degree of pain, forgiveness, nature of pain, view of pain,

INTRODUCTION

Pain is part of everyone's life. We all have our own stories of break-ups with the ones we thought we could never live without, being left alone, being discriminated, being betrayed by someone who we trusted the most, being treated unfairly, being lied to when all the while we've been so honest, being screwed up and the like. After these painful experiences, it seems impossible to get the courage to move forward, forget everything that has happened and forgive those who have hurt us. For some people, forgiveness may seem to be a lifetime away yet, for some it can be given easily.

Forgiveness is a decision to let go of resentment, thoughts of revenge and releasing negative thoughts of bitterness (Ponton, L., 2007), burden of anger and pain. Forgiveness is also a natural resolution of the grief process, which is the necessary acknowledgment of pain and loss. Psychologist Sonja Lyubomirsky calls forgiveness "a shift in thinking" toward someone who has wronged you, "such that your desire to harm that person has decreased and your desire to do him good (or to benefit your relationship) has increased."

In a world where people constantly make mistakes and conflicts are as inevitable as breathing, can we also say that forgiveness is a part of every people's lives? That we Filipinos have a deep understanding of what forgiveness is? Individual differences set us people apart from each other. To have different personalities and experiences can be the reason why

individuals have different perceptions, principles, and ways to cope with and handle stress. People cannot escape from burdens of life, instead according to Decenteceo (1999), “we differ in the ways we carry our burdens.” This differences may also be the reason why a person’s decision to forgive varies.

Although, many literatures, studies and researches were made regarding forgiveness, the researchers have noticed that these studies are mostly from foreign authors and researchers. Thus, making their studies based only on the concept and viewpoint of their own race. In the Philippines, studies and researches about forgiveness in Filipino context are very limited; hence, this study would be essential and serve as a reference for the in-depth understanding of the processes involved in forgiveness. Limited studies were conducted using qualitative research method. Most researchers used quantitative methods.

This research focused on nature, degree and impact of pain as experienced by the respondents. Furthermore, it delved on the respondents’ view and process of forgiveness, and their view of life after the process of forgiveness.

METHODS

Respondents of the Study

The participants of the study were composed of six (6) subjects with a varying nature of pain. They reside from Sta. Rosa and Biñan Laguna area. The subjects were gathered through common friends with the use of indigenous methodology of *pagtatanung-tanong*.

Data Collection Procedure and Analysis

The subjects were gathered through common friends with the use of indigenous methodology of *pagtatanung-tanong*. They underwent an in-depth interview that was semi-structured. The researchers used an interview guide which composed of set of questions asked only during the interview. Questions focused on the subjects’ view of pain, its effects on their lives and the process of forgiveness. It was validated by psychology and research experts. For better understanding of the subjects, the interview guide was translated in Filipino language and was also validated by a competent and senior Filipino language instructor. The researchers personally conducted the interview, after which results were then transcribed. A recorder served as a tool for transcription. After the transcription of the interview, the researchers went back to the subjects for validation and confirmation the data gathered. Through deep investigation of the data gathered, and based from literatures and models on the concept of pain and forgiveness, the researchers were able to identify the themes in which the subjects showed both their commonalities and uniqueness. Themes were then presented according to the specific problems presented in the study.

Ethical Consideration

Although many literatures, studies and researches were made regarding forgiveness, the researchers have noticed that these studies are mostly from foreign authors and researchers. Thus, making their studies based only from the concept and viewpoint of their own race. In the Philippines, studies and researches about forgiveness in Filipino context are very limited; hence this study will be essential and will serve as a reference for the in-depth understanding of the processes involve in forgiveness. Limited studies were conducted using qualitative research method. Most researchers used quantitative methods.

Nature of Pain

The subjects' painful experiences vary. Subject 1 witnessed the killing of her whole family, including her mother and three siblings. She was also stabbed numerous times, but miraculously survived the incident. Subject 2 experienced betrayal by people whom he trusted and also witnessed his father being stabbed to death. Subject 3 experienced being robbed by armed individuals, her son tried to defend them and because of that his right leg was shot. Subjects 4 and 6 experienced physical and verbal abuse from their own father. Subject 4 was considered by his father as the black sheep of the family. Both of them felt that they were unloved by their fathers. Subject 5 encountered bad judgment from others and her family. She was regarded as a low type of woman and that she was degraded by them.

Degree of Pain

Even if the subjects experienced different circumstances the degree of pain for them is still in its highest. This is evident through their statements, "*Masakit. Yes, it is painful, so much painful. Masakit talaga*", "*Napakasakit. Ang sakit nakakaiyak hanggang ngayon*", "*Sobrang painful, na nadala ko padin siya until now*", "*Masakit talaga sakin yung judgment eh, 9 out of 10*". The pain they have experienced was so painful that they can't even explain it, as stated, "*Yung sakit iba, iba yung sakit na naramdaman ko, hindi ko kayang ilarawan eh, hindi lang siya basta basta na sakit*", "*Halos hindi ko na maipaliwanag kung anong klase ng pain ang naramdaman ko.*"

Impact of Pain

The pain the subjects encountered had impact on their lives both negatively and positively. When one is offended by another and it has caused so much pain, this can result to aloofness and loss of trust towards others. As stated, "*Sa family ng mga suspect, kahit na nagkakasalubong kami, wala, hindi na lang nagpapansinan.*", "*Sa totoo lang, kapag nalabas ako, wala na akong tiwala sa mga tao sa labas.*" "*Lagi akong nagkukulong sa kwarto, gusto ko mag-isa ako, ayokong may kausap sabahay.*" Though there are negative impacts of pain, there are also manifestations of positive impact. Pain can be a motivation to improve oneself, the subjects said, "*Parang mas naging positive pa yung outlook ko sa buhay.*", "*Sa relationship ko with others, mas naging outgoing.*" "*After niyang mawala parang I hit a rock, nagcrack yung shell ko doon ko nakita and nagdeepen yung realizations ko.*", "*I never explain myself to anyone, instead I proved them wrong.*", "*Mas naencourage ako na mafulfill ko yung sarili ko.*" Pain teaches people to be strong. As stated, "*Siguro ang magandang naidulot nito is yung tapang ba, yung tapang na harapin mo yung mga pagsubok na dadating sa 'yo*", "*Ang naidulot sakin nito is yung, wag ka lang susuko*", "*Minsan, walang magawa kung hindi ang tatagan ang loob ko kasi ako ang nanay.*" "*Sa personality, mas lalong tumibay, mas lumakas ang fighting spirit.*"

View of Forgiveness

The subjects viewed forgiveness in different ways. Forgiveness is something that is not hard to give, as stated "*Ang puno nalalagasan ng dahon kasi alam natin na dapat at kaya niyang magbigay kasi napapalitan naman siya. Kaya ang pagpapatawad hindi siya mahirap ibigay.*" "*Para sakin siguro hindi naman, basta bukas ang isip mo na magpatawad.*" but it will still depend on the situation. According to the subjects, "*Hindi naman mahirap magpatawad, depende sa kaso.*", "*Siguro masasabi ko nga na ang pagpapatawad eh madali lang naman*"

ibigay depende lang talaga sa sitwasyon o kung gaano kaliit o kalaki yung kasalanan na naggawa sa'yo." "It depends, it depends sa pain na naggawa sa'yo onangyari." Forgiveness doesn't mean forgetting, as stated by subjects, "Hindi naman porket nagpatawad ka eh kinalimutan mo na yung nangyari.", "Iba yung pagpapatawad sa forgetting, napapatawad ko sila, nawawala yung galit ko sa kanila pero yung sakit na dinulot nila sa akin ay hindi kasi feeling ko kasama ko na yun habang buhay kasi ayun ang bumuo ng pagkatao ko.", "Hindi ko siya makalimutan pero I leave it behind." Forgiveness is not the same as pardoning. This is evident through the following statements, "I'll be honest I already forgive kung ano ang nagawa niya, pero not totally forgive, kasi hindi namin para ilagay sa kamay naming ang justice." "Siguro dadating din yung time na makakapagpatawad ako pero continuous pa din na pagsisisihan nila yung ginawa nila." Forgiveness is not the same as reconciling. As stated by the subjects, "Pag napatawad ko na sila, alangan naman na okay na, close close na. Alangan naman na pwede na sabihin nila sakin na, oh okay na pala eh, palayain mo na kami. Kasi siyempre mahirap yun, dapat pinagsisisihan nila yung ginawa nila." "Yes, I've forgiven na. Yun nga lang affected na yung relationship namin, di kami at ease." Forgiveness is like giving chances. According to the subjects, "Forgiveness eto yung pagbibigay ng chance sa isang tao na pagkatiwalaan mo ulit sila." "Forgiveness is like padaanin na lang kung ano ang ginawa nila sa'yo and give chances for them para itama ang pagkakamali" also, forgiveness is letting go of pain and anger and accepting what happened. As stated, "Forgiveness is letting go of what happened ayun ang forgiveness, letting go, acceptance." "Siguro ang pagpapatawad, siguro yung alisin mo lahat ng galit mo sapuso mo." "Forgiveness meaning bigyan mo ng pagkakataon na mawala yung pain" "The key for forgiveness is to accept the action that has been done." It is necessary for a person to forgive, religiousness or spirituality contributes to the disposition to forgive. As stated, "Yes, oo, biblically based bilang tao dapat magpatawad tayo." "Oo naman, gaya ko na nag-aaral ng Bible tao lang naman ako na minsan hindi nakakapagpatawad pero kung susunod tayo sa Bible, dapat nakakapagpatawad tayo." "Dapat talaga tayo magpatawad, kasi hindi tayo mabubuhay sa mundo kung hindi tayo marunong magpatawad." "Kung ang Diyos nga marunong magpatawad, bakit tayo hindi." "Kailangan, hindi naman ako Diyos para hindi magpatawad."

Process of Forgiveness

Experiencing such painful incident in life, people tend to think whether if they will forgive or not. Before a person can decide to forgive they undergo a process. The process of forgiveness includes:

Grief – in this phase ,the subjects let themselves acknowledge and feel the pain that was caused by the experience or the offender. A part of the grief phase is questioning wherein the subject asks why the act was done and will seek for reasonable answers. This is evident through the following statements, "Hindi ko malaman, wala naman kaming kaaway", "Yun gawain na mismong kamag-anak mo o relative mo o yung person close to you eh magagawa pala sa'yo." "Alam mong tatay mo siya, alam mong hindi ka niya dapat saktan, siya ang poprotekta sa'yo, siya pa ang mananakit sa'yo." "Hindi ko nga malaman ang iisipin ko sa magnanakaw eh kung intension pumatay oh ano" "Ginawa ko yung best ko para maging mabuting kaibigan sa kanya, kaya lang jinudge niya pa din ako. Hindi ko inakala na kaya niyang gawin".

Empathy-The second process involved in forgiveness is empathy wherein it is an act of putting oneself in the foot of the offender and tries to identify reasons why the offense was done. As stated by the subjects, "Naisip ko na lang baka may atraso yung father ko sa kanila kaya

siguro naghiganti imbes na maghiganti sa father ko sa amin na lang family”, “Pinanghahawakan ko nga lang din kung bakit hindi ako personal na magalit sa taong yun is because of drugs, kung bakit napatay niya si tatay.”, “Siguro yung mga time na nangyari sakín yun, na nagawa sakín ni tatay, siguro may mga pinagdadaanan siya sa buhay o kaya naman ay may problema siya.”

Acceptance- is a relevant phase in the forgiveness process. Acceptance is the act of accepting what happened, that the damage has been done, and that no matter what; we cannot do anything to change it. As stated, “Accept the fact that something bad that had happened to you will not be changed.” “Acceptance is still the bottom line to forgive”, “*Siguro at the right time mapapatawad ko din sila, kapag tanggap na tanggap ko na ang nangyari*”, “*In life there is no rewind, hindi mo na yun maibabalik kahit anong pilit mo*”, “*Tanggapin mo and mabuhay ka kahit wala siya tanggapin mo na yun yung katotohanan.*”

View of Life after the Process of Forgiveness

After experiencing pain the subjects believe that life must go on. As stated by the subject, “*Sa akin naman tuloy lang ang buhay. Kailangan hindi sila maging hadlang para sa mga anak ko. Tuloy lang ang buhay, tuloy lang pero siyempre maypag-iingat.*” “*I will accept and move on, parang move on to another chapter or page of my life.*” Despite what the subjects have gone through, they still view life positively and did not lose hope. As stated, “*Nangangarap din naman ako na mag-negosyo kahit na takot ako sa kapaligiran.*” “*Gusto ko kasing maging matatag, para tularan ako ng iba.*” “*Success is not the right term pero maganda yung track ng buhay*” “*Gusto ko mas maging maayos yung future ko, gusto kong mas maging maayos yung perspective ko, perception ko sa mga bagay bagay para hindi ako masyadong masaktan.*” “*Siguro nung na-accept ko na yun with the help of my friends, their advices, with the help of them tsaka through religious words ayun yung point of view ko sa buhay ko nabago parang naging mas positive na ako sa buhay ko.*” Forgiving the offender affects the subjects’ lives positively. This is evident through the following statements, “*Tinulungan ako ng pagpapatawad na yun na maging confident sa sarili ko. Mas naging positive na ako sa buhay ko, tsaka nakita ko yung sarili ko na magiging okay din lahat pagkatapos*”, “*Positive ang naging epekto sakín, lumuwag yung dibdib ko kasi wala akong tinanim na galit.*”. For those who are still in the process of forgiveness, they are not closing their doors in forgiving the offender, because they don’t want to carry the burden for the rest of their lives. This was evident through the following statements, “*Medyo okay okay na. Medyo wala na, medyo nakarecover na din ako eh, mahirap din magtanim ng galit sa kapwa.*”, “*Mas mabilis kong tanggapin yung mga bagay kasi diba you will just prolong the agony of pain kung hindi mo rin lang siya tatanggapin.*” “*Hindi ako magfafall down sa kinsaadlakan ng iba na hindi marunong magpatawad at may burden pa rin siya sa sarili niya.*” “*Sabi ko nga kanina gusto ko dumating yung panahon yung bago ako mag settle down ayoko kasi madala pagtanda yung ganoong sakit eh.*”

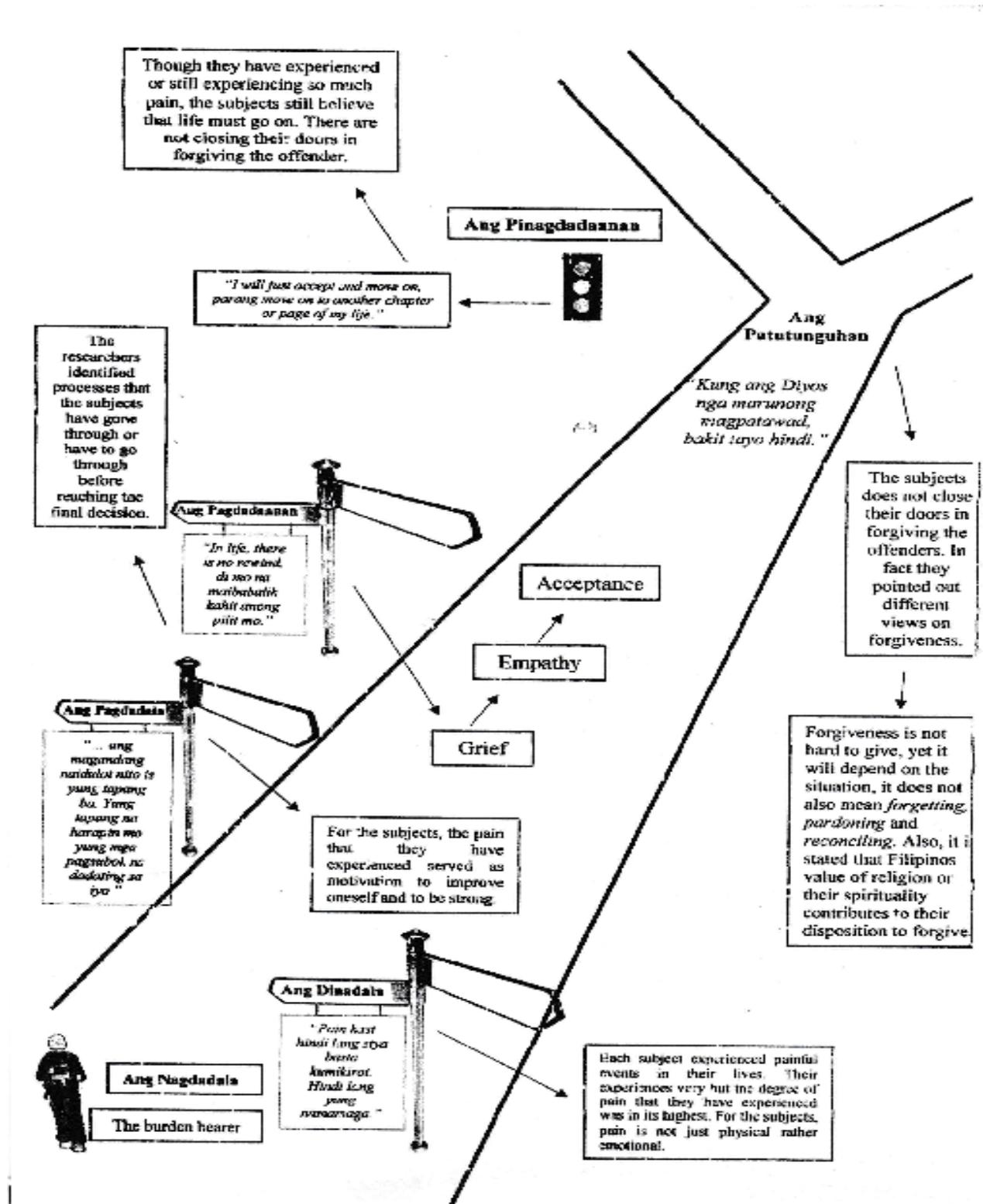
Going through the subjects’ responses, the researchers were able to come up with concepts and theories on pain and forgiveness. Re-experiencing pain can be the basis for an individual to determine the most painful event in their lives. As stated by the subjects, “*Oo, maraming most, pero kaya siya considered as most kasi yun yung paulit ulit na nangyayari.*”, “*Siya yung masasabi ko na pinakapainful kasi hanggang ngayon present padin eh. Hindi lang natapos ng hanggang ganito lang, hanggang dito lang, hanggang ngayon at tingin ko hanggang*

sa future ganun padin". After scrutinizing the subjects' responses who have not yet forgiven the offender, this concept have been made, when pain is still present there is no possibility of forgiveness. This is because they still carry the burden of pain. This is evident through the statement of the subjects, "*Kahit 18 years na silang wala masakit padin sakin eh, kaya hindi ko padin masasabi na napatawad ko na sila.*" "*Hindi ko masasabi na wala na yung pain.Healing, nasa healing process ako.*" "*Hanggang ngayon dinadala ko padin.*" The human connection is central to healing. Talking with someone regarding your loss may lessen the burden that one carries. As the subjects stated, "*open ako sa friends ko, sa kanila ko nasasabi lahat yung mga problems ko.*" "*Aside from prayers, sa mga kaibigan lang din humugot nglakas ng loob.*" "*Alam mo kaya hindi ako lub na makapagpatwad hindi ko relieve maibukas. Hindi ako masyadong nagkukuwento.*" "*Every now and then nagpapa-counsel ako kapag dumadating yung sinasabi ko nga na pinakamasakit na part para sa akin.*"

After deep investigation, analysis and interpretation of the data gathered, the researchers were able to determine the Filipinos' view of pain and forgiveness, and how it affected their lives. Through this the researchers were able to come up with a "Modelo ng Pagpapatawad" a forgiveness diagram based on Decenteceo's Pagdadala Model.

The diagram shows the concept of forgiveness by using the following symbolisms: road, traffic light, and a person carrying a bag. The person carrying the bag was used to represent the subject and the burden that they carry. The road was used to symbolize the path that a person who is carrying a burden would take until he reaches a decision. As the person travels through the road, he will have to pass through the process of grieving, empathizing and accepting, which are the processes involved in forgiveness. Until he reaches the stoplight that signifies his initial decision as to how he will react to what he encountered, here he will be given options. Red light indicates the manner of letting oneself be stuck in the situation. Orange light pertains to the manner of believing that someday he will reach a decision. While, green light implies the decision to move on with life. After passing through the stoplight, he will have to choose which path he will take that symbolizes his final decision to forgive or not to forgive.

Model of Forgiveness based on Decenteceo's Pagdadala Model



“Ang Dinadala”

Ang dinadala is defined as the burden that a person carries. The subjects' view on pain best describe “ang dinadala”. Pain is defined as an unpleasant feeling caused by someone wherein that someone is a relative, a friend, an acquaintance or an unfamiliar person. It is also said that the term “pain” does not only pertain to physical pain that is felt by an individual, as stated, “*Pain kasi di lang siya basta kumikirot, hindi lang yung namamaga*” rather it may also be regarded as emotional pain or a burden that a person carries.

“Ang Pagdadala”

“Ang Pagdadala” is the manner of carrying the burden. The effect of pain on the subjects' lives defines ang pagdadala. Although pain is a negative feeling, Filipinos' identified positive effects of it towards their lives. Pain can teach people how to be strong. It gives people the courage to face trials in life. Moreover, individuals who experienced pain showed motivation to improve themselves. In fact, pain didn't hinder Filipinos to still look at life positively. There are also undeniable negative effects of pain as shown in this study. It may result to aloofness and loss of trust to others. The findings mentioned do not have any supporting literatures or study.

“Ang Pagdadaanan”

“Ang pagdadaanan” covers the process that an individual has to go through before the so called “forgiveness” occurs. Forgiveness is not just an act but a process. This involves grief, empathy, and acceptance. The grief process is the state where the person acknowledges the pain that was brought by the experience, under this process is questioning - asking why the offense was made. This finding is supported by an article from Fred Luskin (2010) wherein he stated that, a person should undergo the grief process to be able to grant forgiveness. The second process of forgiveness is Empathy it involves the understanding of the factors that influence the occurrence of the offense. This finding is supported by a study conducted by Witvliet, C. V., Ludwig, T.E., and Vander Laan, K.L. (2001) which identified empathy as a forgiving response. And last, acceptance where the person accepts the current situation, as stated, “In life there is no rewind, *di mo na maibabalik kahit anong pilit mo.*” It is also identified as a key in order for an individual to grant forgiveness.

“Ang Pinagdadaanan”

“Ang pinagdadaanan” is the present status of the burden bearer. Through forgiveness, the subjects were able to see a better future ahead of them. The painful experience did not stop them from believing and seeing that there is still hope, as stated, “I will just accept and move on, parang move on to another chapter or page of my life”. The data gathered from the subjects is supported by Larry James who said that forgiveness dares a person to imagine a better future and diminish thoughts of the pain. Moreover, the subjects who claimed to have forgiven the offender showed positive effects of it. They experienced “*pagluwag ng dibdib*” and positivity over themselves. Robert M. Sherfield's (n.d.) article supports the finding, according to what is written in the article, forgiveness is not only beneficial to the offender but also to the person himself. It gives the person inner peace, deep joy and a sense of freedom. It also brings positive thoughts and positive behavior towards others.

Ang Patutunguhan

“Ang patutunguhan” covers Filipino's view of forgiveness and an individual's disposition to forgive. Forgiveness is not the same as forgetting, pardoning and reconciling. Forgiveness for them does not mean that they already diminished the memory of the transgression or offense. It is more of accepting the present situation that the offense was already made and that time cannot be turned back. Filipinos believe that forgiving the offenders do not release them from the

punishment of the offense made. When a person forgives, there is no assurance of reconciliation between both parties. It is not always a way to regain the relationship that was there before. These findings were supported by William Doverspike's (n.d.) article on forgiveness, wherein he claims that the word "forgiveness" is not equivalent to the following terms: forgetting, pardoning, reconciling, condoning and excusing.

An individual's disposition to forgive is affected by religiousness or spirituality. Filipinos showed no rejection in granting forgiveness, in fact they do think that it is necessary for us to forgive, as stated "*Kung ang Diyos nga marunong magpatawad, bakit tayo hindi*". Although they have not yet forgiven the offender, they are not closing their doors when it comes to forgiving them. This is supported by a study conducted by McIntosh D., Kline G., Wadsworth, M., Ahlkvist, J., Burwell, R., Gudmundsen, G., Raviv, T., et.al. (2008), regarding forgiveness after September 11th attacks associated with coping distress and religiousness wherein it is stated that religiousness may encourage individuals to value forgiveness without necessarily enabling them to forgive. The ability of a person to forgive depends on the situation, for the Filipinos the act of forgiving is not considered as a hard thing to do. The impact of pain caused by the offender will determine if forgiveness will be given easily or not. For Filipinos, forgiveness is letting go of pain and anger and accepting what happened. Furthermore, forgiving an offender is a way of giving chances. It is a chance for the offenders to change themselves and to correct the offense done.

Conclusion

Pain, though experienced by the Filipinos due to varied circumstances might be too agonizing that they can't even explain it. It also has an impact on Filipinos' lives both negatively and positively. Moreover, Filipinos do not close their doors in forgiving the offender; they do think that forgiving someone is necessary and not a hard thing to do; but, the capacity of an individual to forgive will still depend on the offense made. Filipinos look at forgiveness as not equivalent to the following terms: forgetting, pardoning and reconciling. Forgiveness for them is like giving the offender a chance to change and correct the action done. Also noted, that the disposition to forgive is connected to an individual's religiousness or spirituality. Before a person can grant forgiveness they should undergo a process. The process of forgiveness include: Grief and under of it is questioning, next is Empathy and Acceptance. Since Filipinos thought that acceptance is the key to forgive, it is the last process involved in forgiveness. Forgiving an offender will result to positivity towards life, moving on with life and "kaginhawaan ng loob" o "Pagluwag ng dibdib"

Direction for Future Use

With the findings of the study, the researchers recommend to the subjects to read the study and be able to understand themselves as how their responses are interpreted. For those subjects who haven't forgiven the offender and still in the process of doing it, it might be of help if they could first identify the cause of their unforgiving response. The researchers recommend that they may possibly find time to grieve over the situation. It is essential to acknowledge the pain in order for them to accept what the present situation is and eventually be able to forgive the offender. Human connection is important in releasing pain. The researchers recommend them to have "mapaghihingan" o "mapagsasabihan ng problema." It can be a relative, a friend or a counselor, someone whom they can entrust their problems with. They may read articles and

studies about forgiveness for them to be aware of the benefits of it, for it may serve as their encouragement to forgive or shift their negative response towards the offender. As for the subjects who have already forgiven the offender, the researchers recommend them to continue the positivity that they have towards life. May they find inner peace and joy through their decision of forgiving. Since pain is inevitable and a natural human experience, they may focus on the learnings and realizations that pain could give them, for it may help them not to be scared or be traumatized whenever it would come their way. For the psychologists and future researchers who would be able to read this study, the researchers recommend to them to conduct further studies regarding self-forgiveness particularly focusing on the perspective of the offender and the correlation of forgiveness and self-healing. Further study with regard to the factors that hinder Filipinos to forgive is also recommended. To acquire more insights about the topic on hand is also recommended with a larger number of subjects. This study is recommended as a reference to psychologists for them to be able to develop intervention programs suited for those unforgiving individuals.

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Appendix Subject 1

View of pain	Nature of pain (cause of pain)	Degree of pain (impact of pain)
“ Marami eh, maraming klase ng sakit, sakit sa love, sakit sa family.”	“Ahh.. yun nga, yung namatay yung mga kapatid ko tapos yung mommy ko, yun yung dahilan kung bakit ako nasasaktan.”	“Hindi ko kayang ilarawan eh, basta kasi, ahh..ah.. mahirap kasing ilarawan yung pain na naranasan ko kasi ano eh, hindi lang siya basta basta na sakit na alam mo yun na pagka nasaktan ka na siguro ilang araw lang, o ilang buwan, matatanggap mo na agad eh. Pero ito iba eh iba talaga yung sakit”
Impact of pain on subject’s lives	View of Forgiveness	
<p>Negative: “Sa family ng mga suspect, kahit na nagkakasalubong kami wala hindi nalang nagpapansinan.”</p> <p>Positive: (1)“Siguro yung magandang naidulot nito sakin is yung tapang ba, yung tapang na harapin mo yung mga pagsubok na dadating sa’yo.” (2)“Ang naidulot sakin nito is yung, huwag ka lang susuko”</p>	<p>“Sa forgiveness naman, lahat naman tayo nakakapagpatawad pero depende siguro sa sitwasyon.”</p> <p>“Siguro masasabi ko nga na ganun ang pagpapatwad eh madali lang naman yan ibigay depende lang talaga sa sitwasyon or kung gaano kaliit o kalaki ang kasalanan naggawa sa’yo.”</p> <p>“Kailangan pero siguro ako kasi para sa akin hindi naman kasi ako Diyos para hindi magpatawad, siguro at the right time mapapatwad ko din sila kapag tanggap na tanggap ko na yung nangyari.”</p> <p>“Pag napatawad kona sila, alangan naman na okay na, close close na. Alangan naman na pwede na sabihin nila sakin na, oh okay na pala eh, palayain mo na kami. Kasi siyempre mahirap yun, dapat pinagsisisihan nila yung ginawa nila.”</p> <p>“Siguro dadating din yung time na makakapagpatawad ako pero continuous padin na pagsisisihan nila yung ginawa nila.</p>	

Subject 2

Processes	Subjects’ view of life after the incident & after coming up with a decision.
<p>“Hindi komalamanwalanamankamingkaaway”</p> <p>“Taposnaisipkonalangbaka may atrasoyung father kosakanila kaya siguronaghigantiimbessamaghigantisa father ko, saaminnalang family.”</p> <p>“Siguro at the right time mapapatawadko din sila, kapagtanggapnatanggapkonaangnangyari.”</p>	<p>“Ayon, mas naging strong ako, mas nagingmatatagako, ikawbanamanmawalankang 3 kapatid at ngnanay.”</p> <p>“Medyo okay okay na medyowalana, medyonakarecoveradin ako eh, mahirap din magtanimnggalitsakapwa”</p> <p>“Gusto ko kasi maging matatag para tularan ako ng iba.”</p>

View of pain	Nature of pain (cause of pain)
<p>“Pain kasi hindi lang siya basta kumikirot, hindi lang yung namamaga, kung baga may dahilan kung bakit masakit. Pain burden siya sa’yo, yung dinadala mo na kahit gaano mo siya iwasang isipin part of it lagi mo siyang naiisip. Pain is a burden na lagi mong dala.”</p>	<p>“To make it short the most hurtful thing for me is that when someone whom I trusted the most will lie to me. Dishonesty is a pain for me.”</p> <p>“Yung college ako may naranasan akong masakit din na pangyayari my father was stub to death sinaksak siya hanggang sa mamatay siya and nakita ko yun personally.”</p>
Degree of pain (impact of pain)	Impact of pain on subject’s lives
<p>“Yes it is painful so much painful for me”</p> <p>“Of course walang duda masakit talaga siya”</p>	<p>Positive:</p> <p>“Sa personality mas lalong tumibay, mas lumakas ang fighting spirit.”</p> <p>“After niyang mawala parang I hit a rock nagcracked yung shell ko doon ko nakita and nagdeepen yung realizations ko.”</p> <p>“Sa relationship ko with others mas naging outgoing.”</p> <p>“Parang mas naging positive pa yung outlook ko sa buhay.”</p>

Subject 3

View of pain	Nature of pain (cause of pain)	Degree of pain (impact of pain)
<p>“Siyempre kapag nasaktan ka feeling mo nakalimutan ka ng Diyos parang hindi nadinig yung dinadasal mo basta yon.”</p>	<p>“Ayan yung nangyari sa amin noong December.” (Experienced being robbed by armed individuals, her son tried to defend them and because of that his right leg was shot.)</p>	<p>“Walang katulad, napakasakit.”</p> <p>“Napakasakit ang sakit nakakaiyak hanggang ngayon”</p>
Impact of pain subject’s lives	View of Forgiveness	
<p>Negative: “Sa totoo lang kapag nalabas ako wala na akong tiwala sa tao sa labas.”</p> <p>Positive: “Walang maggawa kung hindi ang tatagan”</p>	<p>“Kapag forgiveness kakalimutan mo na yung nangyari tapos hindi mo na aalalahanin. Siyempre forgive kung humingi sa’yo ng tawad ng personal.”</p> <p>“Hindi naman, hindi din depende sa kaso yata.”</p> <p>“Oo naman. Gaya ko nag-aaral ako ng bible tao lang naman ako na minsan nakakapagsalita na hindi ako makakapagpatawad pero kung susunod tayo sa bible dapat nakakapagpatawad tayo.”</p>	

Processes	Subjects' view of life after the incident & after coming up with a decision.
<p>“Hindikongalamanangisipinkosamagnanakaw eh kung intension pumatay oh ano”</p>	<p>“ Sa akin namantulo yang buhay. Kailangan hindi sila maging hadlang para samgaanako. Tuloy lang buhay, tuloy lang perosi yemrenandoon yung pag-iingat. Nangangarap din naman ako namagnegosyo din kahit takot akosakapaligiran. Ayun.”</p>

Subject 4

View of pain	Nature of pain (cause of pain)	Degree of pain (impact of pain)
<p>“ Para sa akin yung sakit sa kalooban yun ang meaning sa akin ng sakit eh, hindi yung sakit sa labas. Di bale yung labas eh, basta ang meaning sa akin nung sakit, yung sakit sa loob.”</p>	<p>“Pisikal at mental na panakit sa akin ng tatay ko.”</p> <p>“Siguro nasasaktan ako kasi, sarili kong tatay o sarili kong kapamilya yung gumawa sa akin ng hindi maganda. Tsaka alam mo sa sarili mo na wala ka namang ginagawang kasalanan, siguro yan ang isa sa mga pinaka masakit sa akin.”</p>	<p>“Halos hindi ko na maipaliwanag kung anong klase ng pain ang naramdaman ko eh, hindi ko na maipaliwanag siguro lahat ng klaseng pain.”</p>
Impact of pain on subject's lives		View of Forgiveness
<p>Negative: “Parang madali din uminit yung ulo ko, kasi parang naging defensive ako masyado sa sarili ko,” “Kapag nagalit ako, parang hindi ko napipigil yung galit ko.”</p> <p>Positive: “Kada naman nagagawa ko yung nakakapalo ako, nararamdaman ko sa sarili ko na nagsisisi ako kasi ayoko ng ganun eh, ayokong iparamdam dun sa mga anak ko yung naranasan ko.” “Naging ano ko eh, parang madali akong mahabag sa mga tao, yun naman yung positive na epekto sa akin, madali akong maawa, lalo kapag may nakikita akong ganoon, gusto ko hindi ko saktan yung mga anak ko.”</p>		<p>“Ang pagpapatawad siguro yung alisin mo lahat ng galit mo sa puso mo.”</p> <p>“Para sa akin siguro hindi naman. Basta bukas ang isip mo na magpapatawad.”</p> <p>“Dapat talaga tayong magpapatawad kasi hindi tayo mabubuhay sa mundo kung hindi tayo marunong magpapatawad. Kung ang Diyos nga marunong magpapatawad, bakit tayo hindi? Kaya dapat tayong mga tao nagpapatawad.”</p>

Processes	Subjects' view of life after the incident & after coming up with a decision.
<p>“Alam mong tatay mo siya, alam mong hindi ka niya dapat saktan, siya ang poprotekta sa'yo, siya pa ang mananakit sa'yo.”</p> <p>“Siguro yung mga time na nangyari sa akin yun, na nagawa sa akin ni tatay, siguro may mga pinagdadaanan siya sa buhay o kaya naman ay may problema siya.”</p> <p>“Napatawad konayung tatay ko kasilahatnung galit ko sapu sokowalanatalaga eh.”</p>	<p>“Ako, positive yung naging epekto sa kinasasari liko luma yung dibdib ko kasi wala akong tinanim ng galit, yun yung epekto sa akin noon”</p> <p>“Madali akong maawa, madali akong ahm.. malambot yung puso ko kapag nakakita akong mga aapi, naano, malambot yung puso ko.”</p>

Subject 5

View of pain	Nature of pain (cause of pain)	Degree of pain (impact of pain)
<p>“Heto yung pakiramdam na masakit dulot ng taong importante sa’yo o mahalaga sa’yo, pwede din dahil sa kapwa mo.”</p>	<p>“Ahm siguro yung judgment ng ibang tao at judgment ko sa mga bagay bagay. Yun yung nagiging masakit kasi hindi ko natatanggap. Madalas hindi ko matanggap kung ano yung reality tsaka kung sa ano yung gusto ko. Ayun yung masakit sa akin.”</p>	<p>“Yun lang siguro masakit talaga para sa akin yung judgment. 9 out of 10”</p>
Impact of pain on subject’s lives		View of Forgiveness
<p>Negative: “Kasi nawala nga ako sa sarili ko, tapos negative kasi nasasaktan ko yung sarili ko alam ko yung pain na nararanasan ko hindi lang siya dahil sa judgment ng ibang tao mas nasasaktan kasi ako sa judgment ko sa sarili ko na feeling ko totoo sinasabi ng iba yun yung negative.”</p> <p>Positive: “Buong buhay ko hindi ako nagexplain, I never explain myself to anyone instead I proved them wrong.”</p> <p>“Mas na encourage ako na mafulfill ko yung sarili ko.”</p>		<p>“Forgiveness heto yung pagbibigay ng chance sa isang tao na pagkatiwalaan mo ulit sila. Yun yung forgiveness meaning bigyan mo ng pagkakataon na mawala yung pain or mabigyan ng pagkakataon na pagkatiwalaan yung mga taong nakasakit sa’yo.”</p> <p>“Iba yung pagpapatawad sa forgetting yung sa akin napapatawad ko sila, nawawala yung galit ko sa kanila pero yung sakit na dinulot nila ay hindi kasi feeling ko kasama ko na yun habang buhay kasi ayun ang bumuo ng pagkatao ko.”</p> <p>“Of course dapat talaga tayong magpatawad.”</p>

Processes	Subjects’ view of life after the incident & after coming up with a decision.
<p>“Ginawakoyung best ko para magingmabutingkaibigansakanya, kaya langjinudgeniyapadinako. Hindi ko inakalana kaya niyanggawin.”</p>	<p>“Sabikongakanina gusto kodumatingyungpanahonyungbagoakomagsettle down ayokokasingmadalahanggangpagtandayungganoongsakit eh.”</p> <p>“ Gustoko mas magingmaayosyung future ko, gusto kong mas magingmaayosyung perspective ko, perception kosamgabagaybagay para hindiakomasyadongmasaktan.”</p> <p>“ Gustokopagdatingngpanahon kaya konasiyangihandlenghindimabigatnaparangpitiknalang ay masakitperohanggangdoonmalanghindinayungdadamdamin.”</p>

Subject 6

View of pain	Nature of pain (cause of pain)	Degree of pain (impact of pain)
<p>“Pain for me is like a traumatic experience that is happening or happened in one’s life. Para siyang isang ghost na nagha-hunt sa isang tao, sa everyday living mo.”</p>	<p>“I felt I was unloved by my own father, tapos I was treated like a battered child, yun by him. Kaya I felt unloved, that’s a traumatic experience for me. Painful.”</p>	<p>“Sobrang painful nanadalakopadin siya until now.”</p>
<p>Impact of pain on subject’s lives</p>		<p>View of Forgiveness</p>
<p>Negative: “Naging rebellious akosa family, nagingun-respectful din ako.” “Lagiakongnagkukulongsakwanto, gusto ko mag-isa ako, ayokong may kausapsabahay.”</p>		<p>“Forgiveness is letting go of what happened. Forgiving a person that once caused you pain in the past. Yun forgiveness, letting go, acceptance.</p> <p>“Yes, yes of course. Kasi once you forgive you accept the fact that something bad that had happened to you will not be changed. “</p> <p>“It depends. It depends sa pain naginawasa’yo o nangyari.”</p> <p>“Hindi ko siya makakalimutan pero I leave it behind.”</p> <p>“Yes, I’ve forgiven na. Yun nga lang affected na yung relationship namin, di kami at ease.”</p>

Processes	Subjects’ view of life after the incident & after coming up with a decision.
<p>“Accept the fact that something bad that had happened to you will not be changed.”</p>	<p>“Negative person kasiv akopessimist? Siguronungna-accept konayun with the help of my friends, their advices, with the help of them tsaka through religious words ayunyunpoint of view kosabuhaykonabagoparangnaging mas positive naakosabuhayko.”</p> <p>“Hindi konamansinasabing best, peronaging better ako, nag-improve yungsariliko.”</p> <p>“Tinulungan ako ng pagpapatawad nay un na maging confident sa sarili ko”</p>

