



# *Forgiveness* **FACTOR**

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Holding onto Hope in  
the Midst of Change

May 29, 2025

Life is Hard. Trauma is Real.

2025

Possible responses?

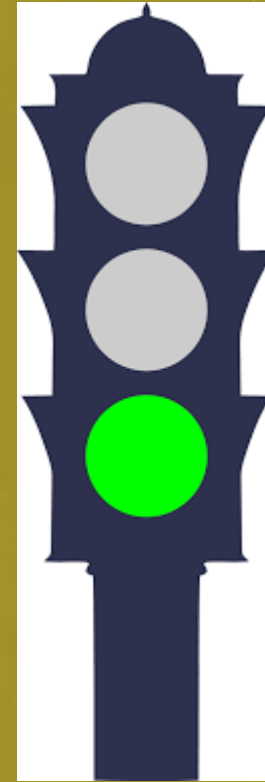


Give in to despair  
Be angry – all the time  
Hide  
Numb  
Stop caring





Parasympathetic  
Nervous System



Sympathetic  
Nervous System





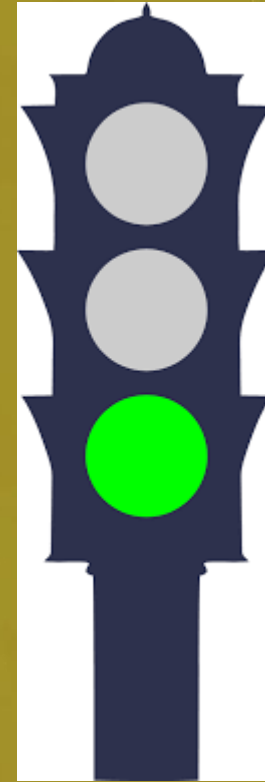
# FEAR

- Unknown
- Loss of support
- Economic ruin
- Climate disaster
- Loss of freedom

Loss of never being the same as it was before the unprecedented pandemic



Parasympathetic  
Nervous System



Sympathetic  
Nervous System



Breathe

Nature

Music

Reset to Hope



Hello darkness my old  
friend . . .



How did you survive?



You've got a friend in  
me. . .



Hope drainers?

Hope bringers?

Because I'm happy . . .



- Movie
- Comedian
- Song
- Dance
- Dogs
- Cats
- Llamas





Live what I believe . . .

Wholeness versus fragmented

Who controls your brain?

Who matters?

Ch, ch, ch, ch, changes . . .

Change?

Power?

Grant me the serenity to

Accept the things I cannot change

Courage to change the things I can and

Wisdom to know the different





I still haven't found what  
I'm looking for . . .



We will see  
what we expect  
to see

# Putting it all together

Strength

Friends

Fun

Values

Change

Outlook

Thank you

Now go and  
do amazing  
things



FOR  
GIVE  
NESS  
FACTOR



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