



# When to Forgive: A Personal Guide

*Mona Gustafson Affinito*

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# When to Forgive: A Personal Guide

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**When to Forgive: A Personal Guide** Mona Gustafson Affinito

In **When to Forgive**, psychologist Mona Affinito takes you, step-by-step, through a process that will help you understand what you want to do about an injury or insult you have suffered. She helps you confront your fears and doubts, come to terms with your own values, and evaluate the costs or gains of punishing the other person. Once you make a decision, go on to sort out how you want to put your decision into action. Then, monitor the results.

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