

Information Handout

Professional Version | US English

Unforgiveness Hook Metaphor



Description

Forgiveness is an often misunderstood concept in psychotherapy, which is a shame because there is a fantastic literature on helping clients to forgive. The *Unforgiveness Hook Metaphor* is an illustrated information handout based upon a metaphor originally suggested by Steven Hayes. The message is that holding on to anger maintains a link between the hurter and the hurtee which can be damaging.

Instructions

This is a Psychology Tools information handout.

Suggested uses include:

- Client handout – a psychoeducation resource.
- Discussion point – to provoke a discussion and explore your client's beliefs.
- Therapist learning tool – to improve your familiarity with a psychological construct.
- Supervision tool – to develop formulations and knowledge.
- Teaching resource – a learning tool during training.

References

Enright, R. D., Fitzgibbons, R. P. (2000). *Helping clients forgive: An empirical guide for resolving anger*. New York: American Psychological Association.

Unforgiveness

Being in unforgiveness is like being on a giant hook.

Next to you on the hook is the person who has hurt you.

The hook is extremely painful.

Wherever you go, so does the hook and so does the offender.

The only way you can get off the hook is if you allow the offender off first.

The cost of not allowing the offender off the hook is, perhaps, a lifetime of unhappiness.



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Resource details

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