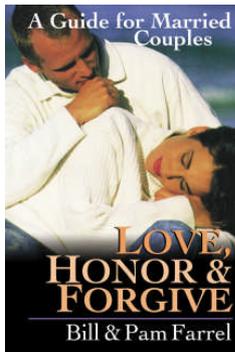


Q&A

AUTHOR INTERVIEW



Love, Honor & Forgive: A Guide for Married Couples
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Pam Farrel, co-author of *Love, Honor & Forgive*, discusses relationships, love and the key to keeping it all together

Have we as a society, and couples specifically, gotten better or worse at forgiving each other?

As a society we have become better at hurting each other and worse at forgiving. However, many people are very good at denial. For example, many couples have conflict. They never resolve the conflict but simply sweep it under the rug and try to pretend it never happened. This is a very dangerous pattern because if you keep sweeping things under the rug, the hurts build and build and then one day someone in the relationship just explodes emotionally and more hurt and confusion is caused. Often one or both walk out of the relationship, into the arms of another, only to repeat the same pattern again.

Why do you think it is so difficult for people to forgive one another?

Because we have to admit someone was wrong. In our society, we feel judgmental to say something was done wrong—it isn't "politically correct." It also feels like weakness; however, just the opposite is true. Forgiveness really places you in a position of strength in a relationship because the other person knows how hard it is to extend forgiveness. It is even harder to ask for forgiveness, because then you are admitting *you* are wrong. That is the most powerful gift of love possible and that's why relationships heal when people give and receive forgiveness. It is powerful because it builds intimacy and trust into a relationship.

What are some of the most common instances in relationships today where lack of forgiveness is at the heart of the problem?

Often small things build up, the way finances are handled, sarcastic or hurtful comments over and over, addictive behaviors like alcoholism, shopping and gambling are common. Pornography use and affairs are much more common than people might think. We have seen so many miracles from couples who choose to get a handle on forgiveness and extend it to their relationship. Small hurts that have caused distance emotionally are removed and romance is rekindled. We have also seen marriage come from the brink of divorce—where papers were in hand to be filed—back to a loving, strong, passionate marriage. And forgiveness was the key!

Explain the importance of forgiveness to a relationship.

Bill & I believe it is the number one skill a couple needs to master in order to stay in love for a lifetime. With the divorce rate soaring, it is our hope that we can partner with many to get this vital, life-changing, marriage-saving, family-impacting message to those who desperately need it.