



# SPIRIT

Dutch adaptation of the Clinical Protocol for Spiritual Psychotherapy for  
Inpatient, Residential & Intensive Treatment

**The current rendition has been produced using automated translation tools. For a more accurate translation, feel free to reach out to the researchers regarding available options at [j.vannieuwamerongen@kicg.nl](mailto:j.vannieuwamerongen@kicg.nl)**

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**J.C. van Nieuw Amerongen-Meeuse, E. Ouwehand, L. van Parijs, N. de Graaf, B. van den Brink,**



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## A. Instructions

SPIRIT is a spiritual group therapy designed for intensive treatment programs in mental health care, based on principles of cognitive behavioral therapy (CBT). The intervention incorporates elements related to meaning/spirituality/religion (MSR) broadly and is therefore suitable for individuals who wish to integrate MSR into their treatment. Discussion groups are led by one or two clinicians, at least one of whom is trained in delivering CBT. The hand-outs integrate themes from the CHIME model of recovery (connectedness, hope and optimism, identity, meaning in life, and empowerment)

### Purpose of SPIRIT

- To assist patients in exploring and understanding the relationship between spirituality, religion, and mental health, gaining insight into the relevance of this domain for their treatment.
- To aid patients in finding practical ways to integrate spirituality, religion, and meaning into their treatment plan.
- To assist patients in discovering how to utilize spirituality, religion, and meaning in regulating their emotions.

### Duration of the group

- Each group session lasts approximately 30-60 minutes.
- It is possible to organize standalone group sessions for inpatient units and intensive acute settings such as an acute day program.
- For longer-term treatments, it is also possible to offer multiple group sessions for a fixed group.

### Hand-outs

Each group consists of two parts: a general part and a part in which one or two specific hand-outs are discussed. The group leader can choose from the hand-outs listed below. The order is not important; one can consider what is suitable for the group. For hand-out four, a sheet of choice can be provided, depending on which philosophical or religious tradition participants identify with or appreciate.

1. Philosophical beliefs and reframes (cognitive)
2. Meaning and coping during treatment (behavioral)
3. Spiritual/religious and meaning struggles (cognitive/behavioral)
4. Inspiring verses... (cognitive/behavioral)
  - a. ... from Humanism
  - b. ... from Judaism/Christianity
  - c. ... from Buddhism/Taoism
  - d. ... from Islam
  - e. ... from Hinduism
5. Agency, responsibility and freedom (cognitive)
6. Loneliness and connectedness (cognitive/behavioral)
7. Inspiring persons (cognitive)
8. The power of meditation and prayer (cognitive/behavioral)
9. Grief and loss (cognitive)
10. Letting go and forgiveness (behavioral)



## B. Formats

The group leader is free to choose which format he or she selects. This can be based on preferences within the group or on what the group can handle in terms of attention span and engagement.

### ➤ Classical

The classical format involves working in a manner similar to that demonstrated in the instructional video by David Rosmarin. The group leader reads the instructions, asks open questions to the group in part 1, and distributes the selected hand-out(s) in part 2. Additionally, the leader asks participants to take turns reading a section from the hand-out and reflecting on it. This format is routinely offered with the instructions.

### ➤ Snippets

It's very well possible to get creative with how you want to contribute to the discussion about MSR and mental health. For instance, one option is to cut out texts or quotes, fold them, and have participants pick one from a pot to react to. This approach adds a playful element to the conversation and allows participants to respond without feeling pressured to choose what resonates with them.

### ➤ Dialogue

When the group is larger or when it seems relevant for participants to have more opportunity to speak, it's also possible to have the group discuss the hand-out in pairs or small groups of three. This allows more room for individual input. However, it is important to assess whether the group is suitable for this approach and if the atmosphere is perceived as safe enough. This format might be appropriate for a group that meets repeatedly.

### ➤ Personal contribution

During a group discussion, you may notice that another hand-out is also very relevant to the group. One option is to distribute this hand-out in advance and ask the group to bring something of value to them related to the proposed theme for the next session. This could be a song, poem, or artwork. As the group leader, you can also encourage participants to further explore the discussed themes through art, writing, or other means before or after the session.

### ➤ Cards

Hand-out 4, "Inspirational Texts," lends itself to the option of a card game. The classic hand-outs have a card variant at the back of the protocol, where it's possible to print the cards in different colors per philosophical belief and laminate them. Participants in the group can be encouraged to choose texts that resonate with them, based on color or content.

### ➤ Personal processing

There are multiple ways to utilize personal resources for further processing. Participants can incorporate themes into creative therapy, for example. Digital options are also conceivable, such as creating a word cloud with one's own experiences regarding the topic or conducting polls.



## C. SPIRIT - Introduction

### Duration

2-3 minutes – 5% of the session

### Context

This session is part of our institution's recovery-oriented treatment program, in which we view attention to meaning-making, spirituality, and religion (MSR) as integral components of spiritually integrated, evidence-based care

### Purpose

The session has two goals: (1) to explore how MSR can play a role in your symptoms, and (2) to investigate how you can integrate MSR into your treatment.

### Important

During this group session, we use words like worldview, philosophy of life, meaning-making, spirituality, and religion or faith interchangeably. Each individual can interpret these terms according to their own understanding. The purpose of this session is not to convert you to a particular belief system or give you the opportunity to influence others in that regard. People have different religious beliefs. Therefore, please be respectful of everyone's beliefs and customs.

## D. SPIRIT - Part I: Relevance of MSR in symptoms and treatment

### Duration

12-25 minutes – 45% of the session

Central question: 'How does meaning-making, spirituality, or faith play a role in your mental health?'

### Instruction for the group leader

Let's guide the conversation so that each participant has the opportunity to respond to the main question. Encourage specific answers in a friendly manner. Try to discover common themes in the responses and point these out to the group. Participants typically respond in one (or more) of the following four ways: (1) their symptoms may have spiritual or religious aspects (e.g., supernatural experiences in psychosis, religious obsessions); (2) MSR can be a resource (e.g., providing comfort, meaning, hope, or connection); (3) MSR can be a source of tension and emotional distress (struggles); (4) MSR may not be directly relevant to their mental health.

### Explanation to participants

At the end of this section, briefly summarize the discussion. Afterwards, provide the following explanation.

Over the past twenty years, extensive research has been conducted in the field of MSR and mental health. The results typically indicate three common responses:  
--> On one hand, spiritual/religious life can provide protection against mental health issues. It offers a framework for meaning-making, a sense of purpose and connection with others, and serves as a source of support in coping with difficulties



--> On the other hand, spirituality/religion can also be a source of tension for many people, potentially exacerbating symptoms or even contributing to them.

--> In some cases, the way symptoms are experienced may have a spiritual/religious tint. In these instances, one's spirituality/religion doesn't directly contribute to the problem itself. However, your philosophical beliefs can certainly color the content of your illness.

## E. SPIRIT - Part II: Hand-outs

### Duration

12-25 minutes – 45% of the session

### Instruction for the group leader

The provided hand-outs are tools that you can use in the group discussion with participants. Typically, one hand-out is used per session, although occasionally a second one may be possible. You can choose in each session, together with the participants, which hand-outs you want to focus on. Select the hand-out(s) that seem most appropriate for the participants present.

### Explanation for participants

Apart from the role of MSR in your own mental health, it can be helpful to use philosophical sources in adjusting our thoughts, behaviors, and feelings. We have several hand-outs available for this purpose [mention these or show them]. Which theme do you prefer? Is everyone in agreement with this choice?

### Instructions per hand-out

#### *Hand-out 1 Philosophical beliefs and reframes (cognitive)*

##### Instruction for participants:

'This is a list of several common philosophical/spiritual/religious beliefs that you can use to challenge negative thoughts. Some statements may not align with your own philosophical beliefs, but try to choose at least one or two statements that could be helpful.'

- Ask participants to read the hand-out (or use another format, see "Formats") silently and/or aloud, and to select several beliefs that could be helpful in their treatment.
- Facilitate a brief discussion with the participants about how the beliefs they have chosen could be helpful in the context of the symptoms they are experiencing.
- Invite participants to choose one belief that they can use as a helpful thought in the coming days.

#### *Hand-out 2 Meaning and coping during treatment (behavioral)*

##### Instruction for participants:

'This hand-out identifies various activities that many people use to cope with their difficulties. These are behavioral therapeutic strategies with an existential component. Some examples may not resonate with you, but try to choose at least one or two that may be helpful for you.'

- Ask participants to read the hand-out (or use another activity, see 'Activities') silently and/or aloud, and select a few coping strategies that might be helpful in their treatment.
- Facilitate a brief discussion with the participants about how the strategies they have chosen can be helpful in addressing the symptoms they are experiencing.



- Invite participants to choose one strategy that they can use as a helpful thought in the upcoming days.

### *Hand-out 3 Spiritual/religious and meaning struggles (cognitive/behavioral)*

#### Instruction for participants:

‘This hand-out identifies common existential/spiritual/religious struggles that individuals may experience, which can exacerbate their psychological issues. Again, some examples may not apply to you, but you may indeed experience one or more of these problems.’

- Ask participants to read the hand-out (or use another activity, see 'Activities'), and try to identify the struggles they are experiencing.
- Validate the difficulties that participants mention!
- Facilitate a brief discussion with participants on how the struggles they have selected may be relevant to their symptoms.
- Provide psychoeducation on the occurrence of various types of struggles across different diagnoses.
- Invite participants to specifically designate one person whom they can approach to discuss these problems in the coming week—for example, a spiritual caregiver, family member, friend, other individuals in their faith community, or someone from their treatment team.

### *Hand-out 4 Inspiring verses (cognitive/behavioral)*

Note for the therapist: The following hand-outs are specifically tailored to certain religious or spiritual groups. You can choose which ones to use based on what you know about the group, or you can let participants choose for themselves.

#### Instruction for participants

‘This is a hand-out containing excerpts from a particular religious or spiritual tradition. Many people use these in their prayers or meditation when seeking strength in their beliefs. Some quotes may not resonate with you, but try to choose at least one or two that might be helpful for you.’

- Ask participants to read the hand-out (or use another activity, see 'Activities') silently and/or aloud, and select quotes that could be helpful in their treatment.
- Facilitate a brief discussion with the participants on how the quotes they have chosen can be helpful in addressing the symptoms they are experiencing.
- Invite participants to transcribe one or two quotes and use them as helpful thoughts throughout the day. Encourage participants to integrate these quotes into their creative therapies as well (for example, by incorporating them into a self-written song or another creative project).

### *Hand-out 5 Agency, responsibility and freedom (cognitive)*

#### Instruction for participants:

‘In this hand-out, we discuss the responsibility you have as an individual. As human beings, we constantly make choices and often cannot foresee the consequences. At the same time, we are never completely free in making choices. Certainly, mental illness also brings limitations and thus a certain lack of freedom. What does this do to you? What do you use as a guide when making your choices’

- Vraag deelnemers de handreiking te lezen (of gebruik een andere werkvorm, zie ‘Werkvormen’), en de vragen te beantwoorden.



- o Facilitate a brief discussion with participants about who or what you can rely on when dealing with your illness.

#### *Hand-out 6 Loneliness and connectedness (cognitive/behavioral)*

##### Instruction for participants:

‘This hand-out is about experiencing loneliness but also about the ability to give and receive love. These can be sensitive topics, but they are also of great importance for living.’

- o Ask participants to read the hand-out (or use another activity, see 'Activities'), and gather the various answers to the questions.
- o If possible, have participants pair up and reflect on the questions together.
- o Invite participants to specifically designate one person whom they can express their love to in the coming week and encourage them to consider and articulate how they plan to do so.

#### *Hand-out 7 Inspiring persons (cognitive)*

##### Instruction for participants:

‘Throughout life, we constantly compare ourselves to others. This can be negative, but it can also be that people are examples for us. We would like to be like them. This hand-out encourages you to think about people who inspire you.’

- o Ask participants to read the hand-out (or use another activity, see 'Activities').
- o Lead the group discussion about inspirational figures and try to understand what makes a particular person an example for someone. Identify this.
- o Discuss how these qualities can be helpful in coping with the mental challenges someone is experiencing.

#### *Hand-out 8 The power of meditation and prayer (cognitive/behavioral)*

##### Instruction for participants:

‘This hand-out discusses the role of meditation or prayer in our mental health and the power it can have in addressing our existential questions or struggles with faith. Through the questions on this hand-out, we can contemplate what we pray for, how we pray, and especially how this can positively and negatively affect our mood.’

- o Ask participants to respond to the first section ('Opening Questions') and facilitate a brief discussion about it. If participants mention that they do not pray, acknowledge that not all forms of spirituality are relevant to everyone. You can provide examples such as fixed prayers (e.g., the 'Our Father', the Salat, the Shema); prayers at specific times (e.g., as part of a daily or weekly routine); communal prayer (e.g., during religious gatherings); spontaneous prayer (e.g., expressing one's own thoughts, feelings, and emotions of the moment); and meditative prayer (e.g., contemplative).
- o Afterwards, facilitate a longer and more focused discussion about the second section ('Discussion Questions') to help participants understand the role prayer plays in their mental health and treatment. If participants respond with just 'yes' or 'no', try to engage them in the conversation. If participants indicate they struggle with prayer (for example, because they feel it is not being heard), validate their feelings and respond with empathy. If applicable, explain the difference between prayer as a coping mechanism versus compulsive, obsessive, or delusional prayer. Both can increase in the presence of mental health issues, but the former is a way of coping with these issues while the latter is a manifestation of these issues.





### Hand-out 9 Grief and loss (cognitive)

#### Instruction for participants

'This hand-out is about grief and loss. In mental health care, everyone experiences some form of loss: we may no longer be able to do what we used to or we may have lost someone or something we once had. Sometimes this is the cause of our symptoms, but it can also be a consequence. We explore how we can deal with this.'

- o Ask participants to read the hand-out silently and/or aloud, and try to identify the losses they are experiencing.
- o Validate what the participants mention.
- o Facilitate a group discussion where you go through the provided questions one by one.

### Hand-out 10 Letting go and forgiveness (behavioral)



**Note for the therapist: This hand-out should only be used when there is willingness in the group to explore the theme of forgiveness. This theme can evoke a lot of pain and sadness, so it can only be discussed if it is appropriate for the group and is perceived as safe.**

#### Instruction for participants:

'The following hand-out is about forgiveness. Forgiveness involves letting go of feelings of resentment or bitterness. Because this can be very difficult, this hand-out is only an exploration of the theme and offers several strategies that may be helpful.'

- o Read the introduction and the section about Edith Eva Eger together. Let the participants fill in the table.
- o Afterwards, discuss the accompanying questions and assess whether there is space to proceed with the second section on forgiveness.
- o Ask participants to consider who or what they would like to forgive (for example, themselves, their mental health issues, others from the past, others in the present, their spirituality).
- o Carefully read through the five aspects of forgiveness.
- o Facilitate a brief discussion with the participants about how far they have progressed in the forgiveness process in a particular situation (for example: are they able to recall the pain? Are they able to empathize with the other person? Do they feel ready to make the decision to forgive or have they already made that decision? Have they found a new normal?).

## SPIRIT - Finally, a reflection for the group

### Duration

2-3 minutes

### Instructions for the group leader

It is important to properly conclude the group and to inquire about everyone's experience with the conversation. A discussion about Gender Dysphoria can stir up a lot of emotions, so it's crucial to always highlight the possibility of further discussions, including individual ones.



## Explanation for participants

In summary: spirituality/religion can be relevant for many people when it comes to their mental health and their symptoms. Your healthcare providers are here to support you with these sessions and other forms of inclusive recovery-oriented care that make room for religion and spirituality. If anyone feels the need for an individual conversation about spirituality/religion, they can schedule an appointment with a chaplain from the institution (if admitted) or with their own pastoral/spiritual counselor (if not admitted) or with the Center for Life Questions. You can seek assistance or more information from the treatment team. We encourage you to discuss spiritual topics related to your symptoms and treatment with your healthcare providers, both during your admission and in your discharge plan.



## Hand-out 1      Philosophical beliefs and reframes

The following beliefs could be meaningful and helpful for you:

### *We are never alone*

- No matter how bad things get, I am never alone.
- The 'all' knows no bounds.
- Wherever I am, my beliefs always stay with me.
- I am not the first human ever to experience this, and I will not be the last.
- Meaning is always present, even when I don't feel it.

### *Nothing is impossible*

- The truth is, I don't know what will ultimately happen.
- Miracles are possible and do happen.
- Even when danger looms, I can remain hopeful by trusting in what I believe.
- Help can come at any moment.
- Just as something can be taken away, it can also be given back.

### *Life is a test*

- Struggle makes us stronger.
- The harder it gets, the more chance there is to grow.
- Faith is most evident in difficult situations.
- This is simply a test, and I can pass it if I commit fully to it.
- No matter how heavy my suffering, I still have choices.

### *We only have control over the process, not the outcome*

- Success means giving my best effort; nothing more and nothing less.
- If I truly do what I can, that is not failure.
- My problems may not disappear, but I can learn to deal with them.
- It's not my job to solve my problem but to endure it without making it worse.
- Life changes every day, but I can always improve myself.

### *Everything happens for a reason*

- Everything has a purpose; I just need to search for it.
- The universe is not out to get me.
- Everything will work out for the best.
- My difficulties are a gift because they are opportunities to grow my faith.
- Even when life is tough, it still has meaning.

### *Nothing is permanent*

- You have both good and bad days.
- The only certainty we have in life is that it doesn't last forever.
- This too shall pass.
- My problems cannot and will not last forever.
- I've gotten through tougher situations before.

### *You are not your illness; you are a unique person*

- You are not a disease; you have a disease.
- A mental disorder is related to either excessive sensitivity or great creativity.
- Your condition is not who you are – you are so much more than that.
- It's not about what you experience but how you deal with it.



## Hand-out 2      Meaning and coping during treatment

Many people draw on their philosophical beliefs, views, or habits to reduce their emotional tension, as this domain can make suffering meaningful and more bearable. Below are examples of activities that you could incorporate into your treatment.

### ☼ *Meditate on a helpful thought* ☼

Choose an inspiring text that is meaningful to you and write it down. Reflect on it several times throughout the day.

### ☼ *Seek support in discussing meaning* ☼

Talk to your spiritual counselor, pastoral caregiver, family, or friends about meaning/spirituality/religion.

### ☼ *Find an inspiring philosophical text* ☼

Read or listen to inspiring philosophical texts and/or excerpts from the Bible, the Torah, the Quran.

### ☼ *Focus on good deeds* ☼

How are you meaningful to others? Identify times when you have been or are meaningful to others. Have your complaints and problems ever contributed positively to this?

### ☼ *Focus on yoga and meditation* ☼

Spend a few minutes on mindfulness, yoga, or meditation.

### ☼ *Say a prayer* ☼

Prayer means speaking directly from the heart with a higher power (however you address it). A prayer can be formal and structured or spontaneous. You can think of different types of prayer: (1) Thanking – for example: 'Thank you for my delicious lunch.' (2) Praising – 'How good You are.' or 'How beautifully the world is made!' (3) Conversation – 'Do You know how angry I feel?' (4) Asking – 'Help me on the road I am going.' / Help me out of this!

### ☼ *Try to think from your philosophical perspective* ☼

Consider what you could say about your problems from your religious belief or life philosophy.

### ☼ *Focus on forgiveness* ☼

Try to forgive the people who have harmed you in the past. Reflect on what they have done to you and find the strength to let go of the pain you feel.

### ☼ *Reflect on gratitude* ☼

Think of three things you are grateful for every day.

### ☼ *Seek meaning* ☼

Focus on something meaningful and important to you, despite your suffering. Consider how you are engaging with it or what you can do to engage with it more. Explain why this is valuable to you.

### ☼ *Be inspired by art* ☼

Choose an artwork, piece of music, or song that you find inspiring or look one up, for example, in the digital museum (Google). Share it with someone else. Tell the other person how it helps you cope with your difficulties.

### ☼ *Find space in nature* ☼

Spending time outdoors in nature can be healing. When do you experience it this way?

### ☼ *Choose an activity that brings you joy* ☼

Use the 'Pleasurable Activities' List if needed.

## Hand-out 3      Spiritual/religious and meaning struggles

Meaning, spirituality, and religion are often a source of comfort. They can also become a source of tension and function as obstacles that hinder your recovery. Here are some examples of such struggles. If you recognize them, you could discuss them with your family, friends, or others in your network or potential faith community. You



Struggle Please select the words that resonate with you from this word cloud. These struggles will be discussed in more detail below. Share what you recognize.





### *Struggles within Yourself*

- Too much guilt: You feel excessively guilty about your mistakes.
- Moral injury: Have I not adhered to my own ethical standards?
- Self-hatred: You dislike yourself for spiritual/religious reasons.
- Falling short: You feel unable to meet certain standards from your own worldview or that of others.
- Hindering needs: It feels like your physical needs hinder you from living according to your beliefs.
- Existential crisis: You question yourself: "What is the purpose of my life? Why am I here?"

### *Struggles with Others*

- Rejection from the religious community: You feel excluded or ignored by those who share your worldview.
- Lack of support from the community: You feel unsupported by your spiritual mentors or your faith community.
- Disagreement on spiritual matters: You are disappointed or doubtful about spiritual mentors or their doctrines.
- Boundaries on spiritual matters: You avoid or ignore spiritual mentors or members of your community.
- Insincerity of others in your community: You feel that others are insincere in their beliefs and way of life.
- Betrayal or harm: You feel deceived, wronged, or hurt by individuals from your religious community or others.
- Emptiness and meaninglessness: You cannot experience or see meaning, you perceive your existence as empty or meaningless.
- Loneliness: You miss close others or a community to belong to, or miss a specific spiritual or worldview connection with others.

### *Struggles with a Higher Power or the Divine*

- Feeling powerless to do anything: You expect God or a Higher Power, as you experience it, to solve your problem.
- Limitations of God or a Higher Power: You think the Higher Power has limitations and cannot help you.
- Demonic influences: You believe that the devil/a djinn/evil is responsible for your situation.
- Feeling punished: You see and feel punished or cursed by God or a Higher Power.
- Inner abandonment: You feel bored, abandoned, or unloved by a God, or the one you think of in that regard.
- Anger towards a Higher Power: You feel misled, wronged, or hurt by the Divine.



## Hand-out 4 Inspiring verses...

Most spiritual and religious traditions (such as humanism, Christianity, Judaism, Islam, Hinduism, and Buddhism) have texts that are uplifting and can challenge your thoughts. Besides finding inspiration from texts, many people also find support and inspiration in songs, hymns (whether religious or not), and other writings.

### *Personal Sources of Inspiration*

First, try to think of a difficult moment in your life when a song, ritual, or text helped you. A film or image can also have been helpful. Write down one or two examples, find the lyrics or a photo or performance, and identify what supported or inspired you about them, either for yourself or in the group.

The following quotes, categorized by worldview, may be relevant or helpful in dealing with your struggles. Then, texts by theme are provided for you to read through and choose useful excerpts to discuss.



## Hand-out 4a ... from Humanism

Religions support people in finding the meaning of their existence. Humanism is a form of non-religious meaning-making. How do you give meaning to life? People always seek meaning whether they believe in something or not, or are uncertain. The following texts can help you find strength and encouragement. Which text resonates with you and why? Which one makes you think and inspires you?

### *Connection*

- "I am because we are." *Ubuntu*
- "Love is on the way to: finding yourself in each other." *Toon Hermans*
- "Life is like snow, you cannot preserve it. Comfort is that she was there, for hours, months, years." *Herman van Veen*

### *Don't procrastinate*

- "Never leave without saying goodbye, never go without a kiss. Those who will encounter fate cannot do it tomorrow." *Toon Hermans*
- "The perfect time to plant a tree was 20 years ago; the second-best time to do so is today." *Chinese proverb*

### *Be realistic, don't demand too much from yourself*

- "A journey of a thousand miles begins with one step." *Taoism*
- "No one can be happy for a thousand days in a row. No flower can bloom for a hundred days in a row." *Chinese proverb*

### *Hope and trust*

- "May your choices reflect your hopes, not your fears." *Nelson Mandela*
- "If you don't know where you're going, any road will take you there." *George Harrison*
- "As the sun sets, the stars come out." *Chinese proverb*
- "I don't want to be remembered as the girl who was shot, but the girl who stood up again." *Malala Yousafzai*
- "The crucial thing is to convince yourself to love the world." *René Gude, Dutch philosopher*

### *Courage*

- "I've never done it before, so I think I can do it." *Pippi Longstocking*
- "If you don't shoot, you won't score." *Johan Cruyff*
- "What would life be if we had no courage to attempt anything?" *Vincent van Gogh*
- "If you want a life that is worth living, a life that expresses your deepest feelings and emotions, where you have worries and dreams, then you have to fight for it." *Alice Walker*

### *Vulnerability*

- "A good comforter is someone who needs comfort themselves." *Chevalier de Bruix*
- "Wrinkles are the jewelry of the soul." *Unknown quote*
- "Realizing that you are not your thoughts is the moment you start to spiritually awaken." *Eckhart Tolle*
- "Life is a constant farewell." *Elisabeth van Heyking*

### *Life is a mystery*

- "Give me a question rather than an answer." *Rutger Kopland*

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adaptation: SPIRIT NL working group, when using insert reference





- "Everyone is a moon and has a dark side that they never show to anyone." *Mark Twain*
- "Every word renews the silence it breaks." *Martinus Nijhoff*

#### *Attention*

- "Each time one truly pays attention, one breaks the evil within oneself." *Simone Weil*
- "Despite the many people, the many questions, the versatile study, one must always carry a great silence with oneself, where one can always retreat, even in the midst of the greatest turmoil and in the midst of the most intensive conversation." *Etty Hillesum*

#### *Humor*

- "Imagination is given to us for what we are not, humor to comfort us for what we are." *Francis Bacon*
- "If you obey all the rules, you miss all the fun." *Katherine Hepburn*
- "A friend of mine knows exactly what I should do. And I know exactly what he should do. But what we should do ourselves, we don't know, unless we exchange our issues. There should actually be a stock exchange for that." *Simon Carmiggelt*



## Handreiking 4b ... from Judaism/Christianity

Those who seek hope, comfort, and encouragement can find ancient words of wisdom in the Bible. Some people use these in their prayers. Others memorize them for moments when they seek encouragement. The following texts (translation: NBV21) might help you:

### *God is with us*

- "God said to him, 'I am who I am.' Say this to the people of Israel: I am has sent me to you." *Exodus 3:14*
- "The Lord passed by before him and proclaimed, 'The Lord! The Lord! A God who is compassionate and merciful, very patient, full of great loyalty and faithfulness.'" *Exodus 34:6*
- "Even though I walk through the darkest valley, I fear no danger, for you are with me; your rod and your staff—they comfort me." *Psalms 23:4*
- "The Lord is near to the brokenhearted and saves those who are crushed in spirit." *Psalms 34:19*
- "My flesh and my heart may fail, but God is the strength of my heart and my portion forever." *Psalms 73:26*
- "Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." *Isaiah 41:10*

### *Refuge and stronghold*

- "The Lord is my rock, my fortress, my deliverer, my God, my rock where I seek refuge, my shield and the horn of my salvation, my stronghold." *Psalms 18:3*
- "Listen to me; hurry to help me! Be my rock of refuge, a mountain fortress to save me." *Psalms 31:3*
- "You are my hiding place; you protect me from trouble and surround me with joyful shouts of deliverance." *Psalms 32:7*
- "God is our refuge and strength, an ever-present help in trouble." *Psalms 46:2*
- "Every word of God is pure; He is a shield to those who take refuge in Him." *Proverbs 30:5*

### *God helps and saves*

- "The waters engulfed me up to the neck; [...] I sank to the roots of the mountains. The earth beneath barred me in forever. But you, Lord my God, brought my life up from the pit. When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple." *Jonah 2*
- "Not by might nor by power, but by my Spirit," says the Lord Almighty." *Zechariah 4:6*

### *Hopeful future*

- "Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who hunger now, for you will be satisfied. Blessed are you who weep now, for you will laugh." *Luke 6:20-21*
- "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." *Jeremiah 29:11*

### *Peace and freedom*

- "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." *Philippians 4:6-7*
- "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." *Romans 15:13*
- "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." *Gospel of John 14:27*

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*Gratitude and praise*

- "The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving." *Psalm 28:7*
- "Praise be to the Lord, day after day, this God carries us and saves us." *Psalm 68:20*
- "Praise the Lord, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's." *Psalm 103:2-5*



## Handreiking 4c ... from Buddhism/Taoism

The following quotes from Buddhist sources, and statements from Buddhist teachers, can provide you with inspiration. You can also use them in your meditation.

### *Mastering Thoughts:*

- Be the master of your mind, not the slave of your thoughts. *Sutta Nipata 847*
- Thought manifests as word,  
word manifests as deed,  
deed develops into habit,  
and habit hardens into character.  
So, be mindful of the thought and where it leads you,  
and let it spring from love  
born out of concern for all beings.  
As the shadow follows the body,  
so we become what we think. *The Buddha*
- If you cling to your thoughts, the truth remains hidden.  
Everything becomes cloudy and unclear, and constant judgment brings nothing but annoyance and fatigue.  
What good can discernment and separation bring? *Sengtsan*

### *Living in the Present:*

- The best way to prepare for the future is to take care of the present. *Thich Nhat Hahn*
- The only way to understand the true nature of life is to experience it. *Dhammapada 218*
- There are only two days in the year when one can do nothing. One is yesterday, and the other is tomorrow. This means today is the right day to love, to believe, and above all, to live. *Dalai Lama XIV*
- The human body living in peace with itself is more precious than the rarest jewel. Cherish your body. It is yours only this once. *Lama Tsongkhapa*

### *Freedom:*

- Letting go brings freedom, and freedom is the only condition for happiness. If, deep in our hearts, we still cling to something - anger, fear, possessions - then we cannot truly be free. *Thich Nhat Hahn*
- The ancient masters  
did not try to teach people  
but kindly taught them to know nothing  
When they think they know the answers,  
people are difficult to guide.  
When they know they don't know the answers,  
people find their own way. *Tao te Ching*
- Forgiveness is not about the other person but about you. It is letting go of the burden you carry. *Dalai Lama XIV*

### *Perseverance:*

- Do not give up what you want to achieve because of the time it takes to achieve it. Time will pass anyway (*Anguttara Nikaya 6.10*).
- Drop by drop, the water pot is filled. Similarly, the wise man, little by little, accumulates good (*Buddha, Dhammapada*).

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*Don't Worry:*

- One thing is all things,  
All things are one thing.  
If you realize this, what is there to worry about? *Sengtsan*
- If you wish to know the truth, be for or against nothing. *Sengtsan, Chinese Zen Master, 6th century*
- Smile, breathe, and take your time. *Thich Nhat Hahn*
- When it rains, we think there is no sun. But when you are high above the clouds in an airplane, you see that the sun is still shining. Then you see that the sun is always there. When you are angry or desperate, your love is still present. Your ability to communicate, forgive, and be compassionate is still there. It is important to realize this. We are more than just our anger, more than just our suffering. We must realize that we carry the ability to love, understand, and be compassionate within us. When you realize this, you will not despair when it rains. *Thich Nhat Hahn*



## Hand-out 4d ... from Islam

Some people regularly use the Quran in their prayers. Others memorize certain verses for moments when they seek encouragement. In this guide, you will find texts and verses, as well as supplications and poems from Islam, offering courage, comfort, and hope.

### *Comfort and Hope from the Quran:*

- "Have We not expanded for you, [O Muhammad], your breast? And We removed from you your burden which had weighed upon your back and raised high for you your reputation. For indeed, with hardship [will be] ease. Indeed, with hardship [will be] ease." Quran, Surah Al-Inshirah (The Relief) - 94
- "And when My servants ask you, [O Muhammad], concerning Me - indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me [by obedience] and believe in Me that they may be [rightly] guided." Quran, Surah Al-Baqarah (2, 186)
- "Allah does not burden a soul beyond that it can bear." Quran, Surah Al-Baqarah (2, 286)
- "There is no blame upon those who are weak or ill or do not find anything to spend [in Jihad], if they are sincere to Allah and His Messenger. There is no cause for reproach against the doers of good. And Allah is Forgiving and Merciful." Quran 9:91
- "Perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah Knows, while you know not." Quran 2:217

### *Courage:*

- "And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient." Quran, Surah Al-Baqarah 2:156
- "But indeed, if one shows patience and forgives, that is indeed an affair of great resolution." Quran 42:43

### *Hadiths (sayings and traditions of Muhammad) about comfort and hope:*

- "When a believer is struck with a calamity, a sickness, an anxiety, a grief, or mental worry or even the pricking of a thorn, Allah will expiate his sins through his patience." Al-Bukhari and Muslim
- The light prayer: "O Allah, illuminate my heart, my tongue, and bring light to my ears and bring light to my vision and bring light to my right side and my left side and bring light behind me and bring light in front of me. O Allah, place above me light and below me light. O Allah, increase for me light." Sahih Muslim

### *Poem about comfort:*

We are never alone with our sorrow,  
The Creator is always around us.  
We can always turn to Him,  
Even if we regret our sins,  
He will admire us with love.

True comfort is only found in Him.  
He listens to us without delay,  
Comforts us even during our prayers,  
Even when things are going well. Allah who sees us,  
He is the one who saves us from our misery.

### *Rumi on comfort and hope:*

- Exercising patience is the essence of praise.

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Exercise patience, for that is true glorification.  
No glorification is worth as much.  
Exercise patience.  
Patience is the remedy for pain.

How many victories are achieved without spiritual struggle and patience?  
Showing patience for the sake of the cup of divine knowledge is not difficult:  
exercise patience, for patience is the key to joy.

- Be kind when sorrow comes. For God has placed a pearl in the hand of sorrow.
- Do not be afraid to fall, for every fall is an opportunity to start anew.
- "Do not grieve. Everything you lose comes in another form. Where there is a downfall, there is hope for a treasure.
- "The wound is the place where the light enters you.
- "Suffering is a gift. Grace is hidden within it.
- "Do not worry. Think about who created the thought! Why do you remain in prison when the door is wide open?

*Rumi, from day to day, Sipko A. den Boer, Synthesis, Rotterdam 2011*



## Hand-out 4e ... from Hinduism

You can find comfort and inspiration in these texts from Hindu traditions. Some texts come from the sacred books/epics of Hinduism, such as the Mahabharata and the Upanishads, while others are from well-known Hindu saints, mystics, or writers.

### *Light and Darkness:*

- "Faith is the bird that feels the light when the dawn is still dark." *Rabindranath Tagore*
- "The moon shines its light across the entire sky, its dark spots hidden within itself." *Rabindranath Tagore*
- "Those who truly act heroically never boast of their merit. Fire burns silently, and the sun shines without noise." *Mahabharata*
- "In the immeasurable depths, in the total darkness of the Cave, there burns a Flame, a solitary Flame! Will anyone ever reveal the secret hidden by that Flame in its heart? Only that person can discover this secret - a secret that he can never share with others - who, when he enters that Flame and is consumed by it, from that moment onward is nothing but Flame!" *From the Upanishads*

### *The Divine Within Us:*

- "The power of God is always with you; In the activities of the mind, senses, breath, and emotions; and it constantly does its work with you as the instrument." *Srimad Bhagavad Gita*
- "'Heart' is just another word for the Highest, For He resides in all hearts." *Ramana Maharshi*
- "I visited the wisest men, but I did not find God there. I read all the holy books, but I did not find God there. I bathed in the sacred rivers and traveled to the oldest temples, but nowhere did I find God, until one day I opened the door in my heart and to my surprise, God was sitting there, smiling at me. *Kabir*

### *The Boundless Divine:*

- "What I eat is divine, What I drink is divine, My bed is also divine The divine is here and there There is nothing that the divine does not contain Janabai says - God has filled everything, from inside out." *Janabai*
- "That which goes beyond our mind has no limits. There our senses end. Mukta says: Words cannot contain Him And in Him are all words." *Muktabai*

### *Love and Acceptance:*

- "Do not forget love: It brings you all the madness you need to unfold yourself In this universe." *Mirabai*
- "If the Ganges flows into the ocean And the ocean sends it back Tell me, oh God, Who then listens to her worries? Can the river reject its fish? Can a mother reject her child? Janabai says, God, accept those who surrender to you." *Janabai*

### *Mantras:*

In Hinduism, meditation is an integral part of faith. Mantras are often used for this purpose. A mantra is a sacred utterance of a word or group of words in Sanskrit to which psychological and/or spiritual powers are attributed. A mantra is pronounced with a specific melody and repeated continuously. Each mantra often begins with 'Aum'. The word 'Aum' itself is a mantra.

- "AUM Poornamadah Poornamidam Poornaat Poornamudachyate, Poornasya Poornamaadaaya Poornamevaavashishyate"
- "AUM Tat Sat All-Highest Absolute Truth"
- "AUM Shaantih Shaantih Shaantih Peace, peace, peace."

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- "AUM Asato Maa Sad-Gamaya, Tamaso Maa Jyotir-Gamaya, Mrityor-Maa Amritam Gamaya"

You can listen to examples at <https://www.mijnhindoeisme.nl/mantras>.



## Hand-out 5      Agency, responsibility and freedom

Have you ever wondered how manageable life is? To what extent are you responsible for your recovery? Are you always free to make the choices you want to make? Illness brings with it a sense of limitation. The ability to shape your own life has become restricted. At the same time, you are often asked to voice your desires. It can help to take a step back. What beliefs do you hold about freedom, self-control, and responsibility? A number of questions and answers are listed here. Which ones are helpful, and which ones would you like to discard?

*Who or what do you believe is the cause of your complaints?*

- Biology, the brain, the body
- Environment, others, your parents
- A higher power or destiny, karma, a plan or punishment from God or someone else
- Your own previous (wrong?) decisions

*Who or what can be a solution for you?*

- Medical intervention, therapy, or medication
- The people around you, good conversations, support, care
- God or a higher power
- Yourself, your own strength, your own faith or belief
- Distraction, avoidance, denial of your problems, such as hard work, alcohol, or drugs

*Do you recognize any of the following actions?*

- Shifting responsibility to others: 'Tell me what I should do!'
- Shifting responsibility to self-handicap: 'I can't do this.'
- Losing control: 'I really don't know anymore!'
- Blaming the 'unconscious' or the past: 'I didn't mean to do it!' or 'I was young back then.'
- Blaming yourself: 'If only I hadn't done this.'
- Black-and-white thinking: 'I can never do anything right.'

Being responsible and being free... you cannot do it alone and you don't have to do it alone. Deciding to keep your suffering hidden also affects others. Silent suffering is not always fruitful. Sharing your suffering can also be an expression of trusting another. Giving trust to another can be very difficult, but it is often necessary for recovery.

*Discuss the following questions with each other.*

- Who or what do you trust in finding your preferred solution? With whom can you collaborate? Whom can you trust?
- What thoughts or beliefs can hinder you from collaborating?
- What gives you confidence in others? When do you dare to share more about your problems and what you need?
- In which area of your life do you want to dare to make a choice?
- Try to consider what you find helpful. What should the other person say to you? What would you like to say to the other person?



## Hand-out 6 Loneliness and connectedness

Every human being needs love and the ability to give love. Loneliness exists when we don't feel seen, heard, or loved. Mental problems can be a result of missed love, but they can also cause the absence of love because we are less capable than usual. Often, we also find it difficult to love ourselves. Yet, that is an important key to experiencing love from others and being able to love others.

- Discuss what love you are missing or have missed.
  - Also, mention from whom you have experienced or still experience love.
  - Then choose one of the texts below. Consider why and how you can love yourself. Why is this important?
- Listening tip: "Ik hou van mij" by Harry Jekkers.



- Identify a few individuals who are important to you, whom you want to love.

In all relationships, you experience both fusion and isolation. On one hand, you need to learn not to live your own life solely through others (daring to take space). On the other hand, you also need to learn to maintain relationships without reducing the other person to a tool, a defense against isolation (daring to give space). When dealing with psychological suffering, these things can come to the forefront or may also undergo change.

- Discuss which of the following responses to loneliness you recognize:

Running away/building walls	"Life is about being alone. I don't contact anyone."
Seeking connection	"I seek contact, there is room for mutual feelings."
Being a 'rescuer'	"I feel less alone when I can help others."
Relationship through faith	"When I am open to God I don't feel lonely."
Victim role	"I articulate my pain to get attention."
Performance focus	"I focus on my achievements to be seen."

### Practical exercise

Take a few minutes of silence. Allow your thoughts and images to come. Reflect on your feelings. Then, start talking to someone close to you and whom you trust about the sadness, pain, or joy you have experienced. Give space to all the emotions that become more conscious. Realize that you are loved. Questions afterward: How does this feel for you? Could this be an exercise for you when you feel alone?



## Hand-out 7 Inspiring persons in past and present

Nobody lives without examples (role models). Of course, your father and mother can be examples, or perhaps not. Others from your own neighborhood, your family, or your ancestors can also be examples, such as a neighbor, grandmother or grandfather, uncle or aunt, or ancestor. Role models are often positive examples. Sometimes they are also examples of how not to do things and how you never want to be. There are also many well-known figures who are examples for many. Often they are examples of how to deal with difficulties and problems.

### *Universal examples*

Here are six well-known figures from recent history who are examples for many people:

- Nelson Mandela
- Malala Yousafzai
- Mahatma Gandhi
- Pope John Paul II
- Anne Frank
- Mother Teresa

*Answer the following questions and briefly share this with others:*

- Which examples do you find appealing? In what ways would you like to emulate them?
- Which names can you add yourself?
- Is there a well-known spiritual or religious figure or person you would like to follow?
- Who is a role model for you in dealing with mental health issues or illness?

### *Your own examples*

- How was your father an example for you? In what ways would you like to be like him, and in what ways not?
- How was your mother an example for you? In what ways would you like to be like her, and in what ways not?
- Is there someone from your family or environment who is a special example for you?
- How has your family (previously) dealt with mental health problems? Try to say in one sentence how they view or viewed this. Then say how you see it yourself.

### *Your own example*

- Who do you hope to be an example for?
- In what ways do you hope to be an example for others?
- What role do mental health problems play in this?



## Hand-out 8      The power of meditation and prayer

Prayer and meditation serve as a tool for many individuals. They allow us to come closer to a spiritual reality, to feel that we are not alone, or to acknowledge that we do not have complete control over everything. They can have a significant impact on our mood, both positively and negatively. They can also play a role in coping with your symptoms. Therefore, it may be useful to reflect on the following questions:

### Opening Questions

*What provides you with inner comfort and peace?*

- What activities bring you tranquility and solace?
- Do you have experience with prayer or meditation?
- What happens to you when you meditate or pray?

*What is your purpose in praying or meditating?*

- To relax
- To express gratitude or praise
- To ask for help for yourself or others
- To speak with a Higher power/God
- To seek forgiveness
- To cope with your symptoms or difficulties

*How do you pray or meditate?*

- With a fixed text/prayer/formulaic prayer
- At specific times
- Spontaneously
- With others
- Meditatively, in conversation, invoking

### Discussion Questions

*When you meditate or pray, what happens to...*

- your relationship with yourself?
- your relationship with others?
- your relationship with a higher power?
- your mood?
- Do you feel more or less hopeful?
- Do you feel more or less happy?
- Do you feel more or less anxious?

*Do you use meditation or prayer as a way to cope with your symptoms?*

- Do you meditate or pray in times of joy? Sadness? Fear? Pain?
- Do you meditate or pray when you are healthy? When you need healing?

*Do you struggle with meditating or praying?*

- Is your prayer or meditation driven by fears or obsessions?
- Is your prayer or meditation driven by hopelessness or depression?
- Is your prayer or meditation driven by thoughts that do not reflect reality?
- Do you experience any barriers when you meditate or pray?
- Do you feel like your prayers or meditations are being heard?



## Hand-out 9 Grief and loss

In life, loss is also part of the journey, the shedding of what you once cherished. When you have been experiencing mental health issues for a prolonged period, undoubtedly you have also lost people or things that were important to you. This is often not talked about. However, taking a moment to reflect and consider what you have lost can be helpful.

### *What have you lost?*

These can be very diverse things. Try to write down two significant things that you have lost. Here are a few examples of what people may have lost due to mental health problems:

- The ability to pursue the career you wanted
- A group member who left and never reached out again
- Someone who died by suicide
- Dreams of the future or hope for a better future
- The ability to feel and enjoy
- Concentration, sleep, enjoyment in the day

### *What has it done to you?*

Grief and loss never just fade away. Something is torn away from you or taken. There are a number of elements that often come up in processing. Even if you thought you were over it, it can unexpectedly resurface. Many people recognize these elements, each in their own time:

- Denial or avoidance  
Examples: "That can't be true," "I really can't do without it," "I don't mind."
- Anger  
Examples: "It's someone else's fault," "I am being treated unfairly," "I wish I had never used that substance."
- Bargaining  
Examples: "Maybe I can just seek some distraction," "It will wear off on its own," "Others also sometimes struggle with this."
- Depression  
Examples: "I don't care anymore," "The bottle is my loyal friend," "I want nothing more to do with others."
- Surrender and acceptance  
Examples: "I struggled with it, but I can accept it now," "My illness has also brought me a lot," "I am happy with what I can do, even though I can't do some things anymore."

### *What would you like to do about it?*

You cannot force a grieving process. However, you can make space for it. It depends on what you need for the mentioned aspects of grieving and also varies from person to person. Consider and share what you need:

- To be left alone
- A good conversation
- Engaging in creative activities
- Writing about it in a journal
- Someone who doesn't say much but is just there for you
- Distraction, such as...
- Something else, namely...



## Hand-out 10 Letting go and forgiveness

We all, to a greater or lesser extent, have experiences where others have caused us pain or injustice, or have done so. Some things can have a long-lasting or even permanent impact. It can be (too) painful to think back on these things. On the other hand, it can also be liberating to be able to let go or perhaps even come to forgiveness.

### *Life Lessons*

Edith Eva Eger was deported to the Auschwitz concentration camp at the age of 16. In the camp, Eger developed a mantra that she repeated every day: "If I survive today, I will be free tomorrow." Later in life, when Eger realized that she could only achieve true freedom by forgiving and letting go, she visited the place that had marked and shaped her for life. Over the years, Edith Eger's life story has inspired millions of people. Her psychological perspective on the past and present offers a valuable insight into how to deal with profound events and traumas. According to Eger, "Because," she says, "you can't compare someone's suffering. It's about what you do with it." Eger offers us some thoughts that may be worth considering. Do you agree with these statements? Why or why not? In the table below, you can fill in why the statement does or does not resonate with you.

Statements Eger	Agree/not agree, because...
1. No one can take away your thoughts	
2. There is no other you	
3. It's not what comes out that breaks us, but what remains inside	
4. Without experiencing the anger, you cannot forgive	
5. You always have a choice	

*In which direction would you like to grow, after thoroughly reviewing the above table?*

### Deeper consideration of forgiveness

Forgiveness is a process of letting go of feelings of resentment. By granting forgiveness when others have harmed you, you can find peace and reclaim your own strength. This does not mean trivializing or denying your experiences. Forgiveness can bring us peace of mind and liberate us from anger. It can be complex to forgive, and it can be very difficult to let go of deep-seated feelings. Therefore, discuss it with your therapist or someone from your treatment team if you struggle to forgive something or someone. Sometimes it can also help to leave judgment of the perpetrator to a higher power. Does this play a role for you too?

In this guide, you will find some exercises and considerations that may help.

### *Who you can forgive:*

- Yourself (for example, your past behavior, your struggle with your mental health)
- Others (from the past or present)

### *Five aspects of forgiveness:*

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1. Reflect on a specific painful issue
  - Identify the emotions underlying it.
  - Examine how your emotions affect your life.
2. Empathy
  - Try to come up with a credible reason for the other person's actions (you don't have to justify their behavior in any way).
  - If you're not ready to forgive yet, be gentle with yourself by taking as much time as you need.
3. Choose forgiveness
  - Consider what your spirituality/religion says about forgiveness.
  - Choose forgiveness by letting go of your anger and resentment, whether or not forgiveness is deserved.
  - Focus on your ability to forgive, not on someone else's ability to change.
4. Persevere
  - Forgiveness is often not a one-time decision but a process. So, you may be working on this for a while.
  - Forgiveness is usually not a linear process. Some days we may find it easier to forgive, other days it may be more difficult.
  - On days when you find it difficult to forgive, be gentle with yourself and accept yourself.
5. Work towards a new normal
  - Build trust in yourself, others, and your Higher Power.
  - If it's not safe to rebuild this trust, redefine the relationship you currently have with yourself, others, and/or your Higher Power.