Fill in the gaps with the words from the box:

The Benefits of Forgiveness

olive branch   wronged   ward   rift   turmoil   conducive

1. Forgiveness boosts physical health

It feels good to make up with someone you've had a 1)_____ with, doesn't it? But the effect isn't just in your head – forgiveness has physical health advantages. It has been associated with lower blood pressure, a key factor in heart health, and a stronger immune system. As individuals release negative emotions and stress through forgiving people who have 2)_____ with them, their bodies become more resilient, enhancing their ability to 3)_____ off illness and disease. Improved sleep quality is another reported physical benefit of forgiveness. By allowing individuals to let go of rumination and 4)_____, forgiveness contributes to better overall health. Some research also suggests that forgiveness can alleviate physical pain. This effect might be attributed to the stress-reducing nature of forgiveness, which can alleviate tension and discomfort in the body.

2. Forgiveness promotes healthier relationships

When you hold onto grudges, it's like carrying around heavy bags of negativity. By overcoming anxiety and refraining from anticipating harm from others, we create an environment 5)_____ to cultivating healthier and more fulfilling relationships. These healthier relationships provide a foundation for trust, open communication, and mutual support, fostering personal growth and a more positive overall well-being. Therefore, when you forgive, you lighten your emotional load. This makes it easier for you to build healthier connections with others. You can become more open, understanding, and kind. By letting go of resentment, you create space for empathy and trust to grow in your relationships. If someone is important to you in the present or potentially in the future, offer an 6)_____ to them to ensure that the relationship is maintained.