



INTERVIEW QUESTIONS

1. The American Heart Association has declared that anger along with cholesterol and the lack of exercises are among the leading risk factors of heart disease. We have seen the research on cholesterol and exercise, so what can you tell us about anger?
2. Forgiveness can seem like such a weak term. When someone hurts, you don't want to seem weak. How does it benefit me to not seek revenge?
3. What are a few of the strategies people use to deal with anger that DON'T work?
4. Will you elaborate on the 5 healthy expressions of anger you mention in *Forgive to Live*?
5. In your book you mention that there is something that people do which keeps their pain "raw and throbbing" and drain all their energy. What is it? How can they stop?
6. When a person hasn't forgiven, how does a person's body react?
7. You claim everyone knows an angry person, but no one wants to admit to being that person. Why is it easy for people to see it in others but not in themselves?
8. Research suggests that prolonged anger has a devastating effect on physical health. What are some of those effects? How can someone recognize them in themselves?
9. You said "Time *does not* heal all wounds." Most people can empathize. What hope does that leave for someone dealing with hurt?
10. What if you have forgiven, but don't feel better? Why does it still hurt?
11. According to you, grudges consume our lives, deplete our energy and cause us to relive our pain. Yet we hold on to them, as if there must be some sort of benefit. So why are they so hard to let go of?
12. Can you explain your research that you conducted with Florida Hospital and Stanford University that clinically proves forgiveness has a direct impact on your health?