

## SUMMARY

The theme of my bachelor's work is "Experience of Forgiveness in the Man's Progress". In the introduction the target of my work is set: to describe the influence of the different factors as man's progress, his/her family background or upbringing in his/her childhood and youth on the ability of a man to forgive. My effort was to look at this phenomenon from pastorally theological and psychological point of view.

The work is divided into two parts, theoretical and practical.

In the theoretical part of my bachelor's work guilt is defined from theological and psychological point of view, further the difference between the real and false guilt, and conscience from the point of view of theology and psychology, because these things are necessary in the process of forgiveness. There are also described stages of progress according to E. Erikson (in his work *Life cycle extended and completed*), because these stages can have negative or positive influence on making relationships, on the attitude towards forgiveness. The ability to forgive can be affected through upbringing, therefore three basic types of family upbringing are introduced: autocratic, liberal and integrative. There are also described false ideas about God which can arise in childhood and later can prevent man to receive forgiveness from God. Further I state the definition of the word forgiveness, stages of process of forgiveness, the importance of forgiveness, the method ENRIGHT, which should help man to decide for forgiveness, and problems with self-forgiveness (self-strictness, perfectionism, inability to forgive God etc.).

In the practical part my own research is introduced. This research should prove the influence of man's progress on the ability to forgive. There are described life stories of 15 people. The questions I used in the dialogues with these people are formulated on the base of Erikson's progress stages. For the needs of this work there are definitions of some of the used words, e.g. harmonious background, disharmonious background etc. At the end of this part there is a summary according to the progress stages, a summary according to the ability to forgive to the others, a summary according to the ability of self-forgiveness, the influence of family background and of upbringing on the ability to forgive, comparison of religious and non religious people, and the outcome of my own research as well. At the end of the

work I evaluate the aim of my bachelor's work; whole copies of the dialogues are presented in enclosures.

### **FIVE KEY TERMS**

FORGIVENESS

PROGRESS STAGES

FAMILY BACKGROUND

GUILT

CONSCIENCE