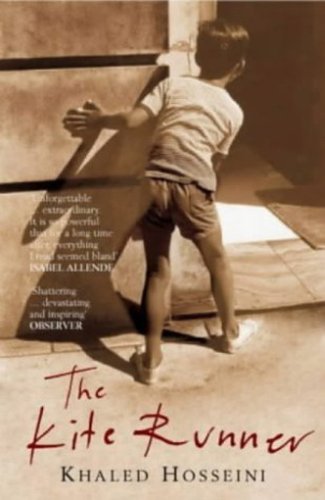
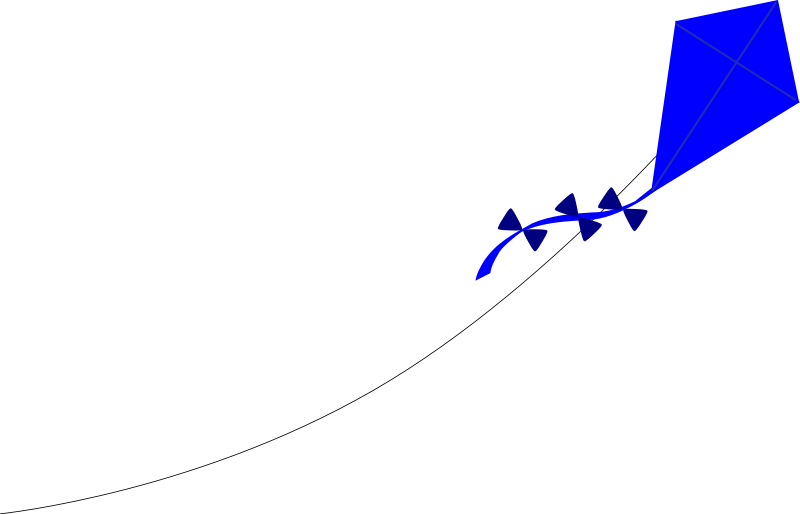
**The Kite Runner**

**By Kha** **led Hosseini**

**Reading Diary**

**Redemption and “The Kite Runner”**

Nov. 26 –Unit Introduction - Research Assignment (1 period)

Nov. 27 –Research Assignment and presentations (2 periods)

Nov. 28 – Chapter 2-6 pg 1-62 **–** Baba the Bear and discussion (1 period)

Dec. 1 – Chapter 7&1 pg 63-84 – **Baba and the Bear due.** Work on “The symbol

of the Kite” Questions and looking at dream’s assignment (2 periods)

Dec. 2 - Chapter 8 – 9 pg 85-115 – **Chapter 1-7 quiz** - Work on Proofs

assignment (1 period)

Dec. 3 – **Symbol of the Kite and Dream’s assignment due**. Practice Reading Comprehension – finish proofs (2 periods)

Dec. 4 – Chapter 10-11 pg 116-150 – Work on Mapping Baba and

Amir’s Journey (1 period)

Dec. 8 – **Proofs due.** Chapter 12 – 18 pg 151-239– Forgiveness work (2

periods)

Dec. 9 – Kite Runner Discussion (1 period)

Dec. 10 – Chapter 19 – 25 pg 240-390– **Reading Quiz. Amir’s spiritual Journey DUE**  (2 periods)

Dec. 11 – In class **Personal Response to Text** assignment. **VOCABULARY DUE** (1 period)

Dec. 12 –Intro to film study/view film (2 periods)

Dec. 15 – View film (1 period)

Dec. 16 - View film and discussion (2 periods)

Dec. 17– Film activities (1 period)

Dec. 18 – **Critical Essay Redemption** (2 periods)

Dec. 19 – Breakfast and **Unit Exam – Redemption** (1 period)

**Short story for homework over Christmas Break – “Horses of the Night”. Annotation exercise and work to follow. As well, each student will be given a review package to help in preparation of the diploma exam which will be written Part A – January 13th, Part B – January 20th**

**English 30-1 Kite Runner Unit**

**Opening Research**

Before reading the novel (or as we’re reading the beginning chapters), it is really important to gain an understanding of the context of the novel. In The Kite Runner, the conflicts and turmoil in the environment experienced by the protagonist mimic the internal battles that plague Amir.

Your assignment is to, with a partner, research the following topics. You can choose your presentation method (website, powerpoint, report, prezi or other).

**The following are the topics:**

j0335112

**Group One - Geography** – Where in the world is Afghanistan? What kind of terrain is there? What are the major cities? What is the climate like? What is the population? Any other questions that you feel are important as you go through your research. \*\*How does the geography affect the culture of the people?

**History** – BREIFLY read about the time line of Afghan history. Include the following major eras.

1700 – 1900 – Please ensure you cover the consolidation of Afghanistan (1747) and the Anglo-Afghan wars (1838-1893)

1900-1978 – Please ensure you cover the reign of King Zahir Shah (1933-1973) and the reign of Daoud Khan (1973-1978)

1979-1990 – Please ensure you cover the Soviet Invasion (1979) and Soviet Occupation and Afghan Resistance(1979-1989)

1990-2001 – Please ensure you cover the Taliban rule.

**Culture** – What fashions are popular in Afghanistan? What is the history of fashion in Afghanistan? What type of music is popular? What are the national hobbies? Do they have a movie industry of any kind? TV? What kind of food do they eat? Any other interesting cultural information?

**Religion** –.Basic information about Islam – Origins and founding beliefs

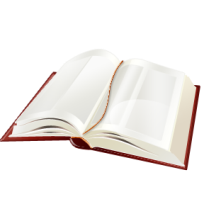
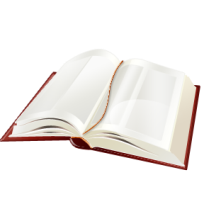
**Modern Events** – What is happening in Afghanistan now? What type of government is there? Report on the war and the current state of people’s lives.

**Assignment Guide**

1. **Research –** your research needs to be comprehensive and accurate. This will involve a lot of reading and a little bit of writing. Avoid the pitfalls of copying and pasting material. I’m not looking for long, boring diatribes. I’m looking for point form information supported by great discussion.

**Marking Criteria**

1. **Research** –
   1. POINT FORM information is presented. (there is NO copying and pasting)
   2. Interesting visuals support the written material (pictures, videos etc.)
   3. The information is accurate and specific.
   4. A PROPER bibliography is presented. (go to www.easybib.com) **/20 marks**

**Vocabulary Words from the Novel**

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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11.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

12.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

13.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

14.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

15.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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17.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

18.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

19.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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21.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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24.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

25.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please check beside the ones that you would like to have included on your final vocabulary quiz.**

**Amir’s Spiritual Journey**

In the chart below, record the attitudes toward religion expressed throughout the novel. In the last column, explain what Khaled Hosseini suggests about religion through the examples.

\*hint this information might prove useful for a final essay topic…

|  |  |  |  |
| --- | --- | --- | --- |
| Ideas Expressed about Religion | Person who expresses this idea | Page # | Author’s attitude toward this religious idea |
|  |  |  |  |

**Chapter 7 – From Ecstasy to Agony – Looking at the dreams**

**Fill out the chart below indicating first the plot of the dream and then its meaning**

MCSO01018_0000[1]**The Symbol of the Kite**

**The Snow Storm**

**Amir’s life Altering day**

“I thought of the life I had lived until the winter of 1975 came along and changed everything. And made me what I am today” pg 2

“Looking back at it now, I think the foundation for what happened in the winter of 1975—and all that followed—was already laid in those first words” pg 12

**Hassan’s Dream**

**The Wet Nurse**

**The Fortune Teller**

**The Lamb**

Look at the following descriptions and in the space provided write a sentence or two which summarizes the meaning of the quotation.

1. “Then I glanced up and saw a pair of kites, red with long blue tails, soaring in the sky. They danced high above the trees on the west end of the park, over the windmills, floating side by side like a pair of eyes looking down on San Francisco the city I now call home” pg 1-2

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. “But mostly because, as the trees froze and ice sheathed the roads, the chill between Baba and me thawed a little. And the reason for that was the kites. Baba and I lived in the same house, but in different spheres of existence. Kites were the one paper-thin slice of intersection between those spheres.” Pg 52

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1. “In Kabul, fighting kites was a little like going to war.” Pg 53

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1. “The Afghans are an independent people. Afghans cherish custom but abhor rules. And so it was with kite fighting.” Pg. 55

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1. “Hassan was by far the greatest kite runner I’d ever seen. It was downright eerie the way he always got to the spot the kite would land before the kite did, as if he had some sort of inner compass.” Pg 56

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1. “In the winter of 1975, I saw Hassan run a kite for the last time” pg 59

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1. “I was going to win, and I was going to run that last kite…Show him once and for all that his son was worthy. Then maybe my life as a ghost in this house would finally be over…I would finally be pardoned for killing my mother” pg 60

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On a separate sheet of paper, write the meaning of the symbol of the kite while considering the above quotations. When determining what you think of the symbol of the kite remember that symbols are allowed to mold and change as a piece of literature progresses. They don’t need to remain a stagnant object with a single meaning

**The Kite Runner**

**Proofs – Chapter 8 & 9**

For the following statements, ON A SEPARATE SHEET OF PAPER, you need to use textual evidence to either prove the statements correct or incorrect. In most cases you will need MORE THAN ONE (sometimes several) quotations for effective proof. Be thorough and “lawyer-like” in your responses. Some are simple where as others might cause a great deal of debate.

1. Hassan is psychologically traumatized by the rape in Chapter 7.
2. Baba and Amir have a healthy relationship immediately following the Kite Tournament.
3. Hassan knows that Amir saw him in the alley and he forgives Amir.
4. Amir wants to be punished for his behavior in the alley.
5. Assef’s bullying behavior might be partially the result of his domineering parents.
6. Ali sets up the situation forcing Hassan to leave because he believes it’s in the best interest of Hassan.
7. Amir refuses to confess and rid himself of guilt because he is selfish and inconsiderate.
8. Ali and Hassan have a dysfunctional father/son relationship.
9. Money, position and reputation are more important to Baba than his family and friends.

**Rules for integrating quotations into your writing:**

1. If you read the sentence aloud, there should be no way of telling where the quotation marks are. Eg. When Amir receives his gift from Rahim Khan “it is the only one that [doesn’t] feel like blood money” (108).
2. The period should follow after the page number in brackets, unless it is another type of punctuation (exclamation or question mark).
3. Use an ellipse (three consecutive periods) to indicate that a piece of the quotation is missing.
4. Use square brackets to insert or change information so that it reads correctly in your sentence.
5. Quote only the necessary piece of a passage. Sometimes only one or two words are needed to effectively summarize the evidence.
6. Choose your quotations wisely. Use the BEST evidence possible.

**Mapping Baba and Amir’s Journey Chapters 10/11**

***Create an outline below of the physical Journey that Baba and Amir take in chapters 10 and 11 and then some how indicate the emotional/psychological Journey. Find a way to mark the Major changes that occur and a way to separate the physical from the Emotional Journey. Use symbols and images as well as BRIEF descriptions to show the ideas that you choose to map.***

***You should have no more than 10 stops on your map.***

**PERSONAL RESPONSE TO TEXTS ASSIGNMENT**

Carefully read and consider the text on the following pages, and then complete the assignment that follows.

Still I Rise

By Maya Angelou

You may write me down in history

With your bitter, twisted lies,

You may trod me in the very dirt

But still, like dust, I’ll rise.

Does my Sassiness upset you?

Why are you beset with gloom?

‘Cause I walk like I’ve got oil wells

Pumping in my living room.

Just like moons and like suns,

With the certainty of tides,

Just like hopes springing high,

Still I’ll rise.

Did you want to see me broken?

Bowed head and lowered eyes?

Shoulders falling down like teardrops,

Weakened by my soulful cries.

Does my haughtiness offend you?

Don’t you take it awful hard

‘Cause I laugh like I’ve got gold mines

Diggin’ in my own back yard.

You may shoot me with your words,

You may cut me with your eyes,

You may kill me with your hatefulness,

But still, like air, I’ll rise.

Does my sexiness upset you?

Does it come as a surprise

That I dance like I’ve got diamonds

At the meeting of my thighs

Out of the huts of history’s shame

I rise

Up from a past that’s rooted in pain

I rise

I’m a black ocean, leaping and wide,

Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear

I rise

Into daybreak that’s wondrously clear

I rise

Bringing the gifts that my ancestors gave,

I am the dream and the hope of the slave.

I rise

I rise

I rise.

*In the following excerpt from the novel The Kite Runner Amir, a boy who grows up in Afghanistan, speaks about his feelings towards America. In fleeing Afghanistan, he has also left behind his own guilt: guilt for watching his best friend (the harelipped boy) be brutally beaten and molested by a group of local bullies.*

Almost two years had passed since we had arrived in the US., and I was still marveling at the size of this country, its vastness. Beyond every freeway lay another freeway, beyond every city another city, hills beyond mountains and mountains beyond hills, and beyond those, more cities and more people.

Long before the *Roussi* army marched into Afghanistan, long before villages were burned and schools destroyed, long before mines were planted like seeds of death and children buried in rock-piled graves, Kabul had become a city of ghosts for me. A city of harelipped ghosts.

America was different. America was a river, roaring along, unmindful of the past. I could wade into this river, let my sins drown to the bottom, let the waters carry me someplace far. Someplace with no ghosts, no memories, and no sins.

If for nothing else, for that, I embraced America.

Pg 144

**PERSONAL RESPONSE TO TEXTS ASSIGNMENT**

**AN UNLIKELY PLAYGROUND**  
"One could do worse than be a swinger of birches," wrote Robert Frost. Even in the desolation of a Kabul graveyard, a boy can't stop himself from swinging

You have been provided with three texts. In the poem “Still I Rise” the speaker speaks of the qualities required to overcome a society that has enslaved her. In the excerpt from The Kite Runner, Amir is able to put his past behind him and rebuild a new life for himself by escaping his previous environment. In the photograph, a young boy finds joy and happiness in the dreariest and most desolate of places.

**The Assignment**

**What do these texts suggest about the role of the environment on the nature of resilience? Support your idea(s) with reference to one or more of the texts presented and to your previous knowledge and/or experience.**

**In your writing, you must**

* Use a prose form
* Connect one or more of the texts provided to your own ideas and impressions

**Forgiveness**

Below the following quotations, indicate what you think is being said.

Wrongs are often forgiven, but contempt never is. Our pride remembers it forever. Lord Chesterfield

Forgiveness is freeing up and putting to better use the energy once consumed by holding grudges, harboring resentments, and nursing unhealed wounds. It is rediscovering the strengths we always had and relocating our limitless capacity to understand and accept other people and ourselves. Suzanne Simon

We read that we ought to forgive our enemies; but we do not read that we ought to forgive our friends. Sir Francis Bacon

**Forgiveness: How to let go of grudges and bitterness**

**When someone you care about hurts you, you can hold on to anger, resentment and thoughts of revenge or embrace forgiveness and move forward.**



Katherine M. Piderman, Ph.D.

Nearly everyone has been hurt by the actions or words of another. Your mother criticized your parenting skills. Your friend gossiped about you. Your partner had an affair. These wounds can leave you with lasting feelings of anger, bitterness and even vengeance.

But when you don't practice forgiveness, you may be the one who pays most dearly. By embracing forgiveness, you embrace peace, hope, gratitude and joy. Here, Katherine M. Piderman, Ph.D., staff chaplain at Mayo Clinic, Rochester, Minn., discusses forgiveness and how it can lead you down the path of physical, emotional and spiritual well-being.

**What is forgiveness?**

There's no one definition of forgiveness. But in general, forgiveness is a decision to let go of resentments and thoughts of revenge. Forgiveness is the act of untying yourself from thoughts and feelings that bind you to the offense committed against you. This can reduce the power these feelings otherwise have over you, so that you can a live freer and happier life in the present. Forgiveness can even lead to feelings of understanding, empathy and compassion for the one who hurt you.

**Doesn't forgiving someone mean you're forgetting or condoning what happened?**

Absolutely not! Forgiving isn't the same as forgetting what happened to you. The act that hurt or offended you may always remain a part of your life. But forgiveness can lessen its grip on you and help you focus on other, positive parts of your life. Forgiveness also doesn't mean that you deny the other person's responsibility for hurting you, and it doesn't minimize or justify the wrong. You can forgive the person without excusing the act.

**What are the benefits of forgiving someone?**

Researchers have recently become interested in studying the effects of being unforgiving and being forgiving. Evidence is mounting that holding on to grudges and bitterness results in long-term health problems. Forgiveness, on the other hand, offers numerous benefits, including:

* Lower blood pressure
* Stress reduction
* Less hostility
* Better anger management skills
* Lower heart rate
* Lower risk of alcohol or substance abuse
* Fewer depression symptoms
* Fewer anxiety symptoms
* Reduction in chronic pain
* More friendships
* Healthier relationships
* Greater religious or spiritual well-being
* Improved psychological well-being

**Why do we hold grudges and become resentful and unforgiving?**

The people most likely to hurt us are those closest to us — our partners, friends, siblings and parents. When we're hurt by someone we love and trust — whether it's a lie, betrayal, rejection, abuse or insult — it can be extremely difficult to overcome. And even minor offenses can turn into huge conflicts.

When you experience hurt or harm from someone's actions or words, whether this is intended or not, you may begin experiencing negative feelings such as anger, confusion or sadness, especially when it's someone close to you. These feelings may start out small. But if you don't deal with them quickly, they can grow bigger and more powerful. They may even begin to crowd out positive feelings. Grudges filled with resentment, vengeance and hostility take root when you dwell on hurtful events or situations, replaying them in your mind many times.

Soon, you may find yourself swallowed up by your own bitterness or sense of injustice. You may feel trapped and may not see a way out. It's very hard to let go of grudges at this point and instead you may remain resentful and unforgiving.

**How do I know it's time to try to embrace forgiveness?**

When we hold on to pain, old grudges, bitterness and even hatred, many areas of our lives can suffer. When we're unforgiving, it's we who pay the price over and over. We may bring our anger and bitterness into every relationship and new experience. Our lives may be so wrapped up in the wrong that we can't enjoy the present. Other signs that it may be time to consider forgiveness include:

* Dwelling on the events surrounding the offense
* Hearing from others that you have a chip on your shoulder or that you're wallowing in self-pity
* Being avoided by family and friends because they don't enjoy being around you
* Having angry outbursts at the smallest perceived slights
* Often feeling misunderstood
* Drinking excessively, smoking or using drugs to try to cope with your pain
* Having symptoms of depression or anxiety
* Being consumed by a desire for revenge or punishment
* Automatically thinking the worst about people or situations
* Regretting the loss of a valued relationship
* Feeling like your life lacks meaning or purpose
* Feeling at odds with your religious or spiritual beliefs

The bottom line is that you may often feel miserable in your current life.

**How do I reach a state of forgiveness?**

Forgiveness is a commitment to a process of change. It can be difficult and it can take time. Everyone moves toward forgiveness a little differently. One step is to recognize the value of forgiveness and its importance in our lives at a given time. Another is to reflect on the facts of the situation, how we've reacted, and how this combination has affected our lives, our health and our well-being. Then, as we are ready, we can actively choose to forgive the one who has offended us. In this way, we move away from our role as a victim and release the control and power the offending person and situation have had in our lives.

Forgiveness also means that we change old patterns of beliefs and actions that are driven by our bitterness. As we let go of grudges, we'll no longer define our lives by how we've been hurt, and we may even find compassion and understanding.

**What happens if I can't forgive someone?**

Forgiveness can be very challenging. It may be particularly hard to forgive someone who doesn't admit wrong or doesn't speak of their sorrow. Keep in mind that the key benefits of forgiveness are for you. If you find yourself stuck, it may be helpful to take some time to talk with a person you've found to be wise and compassionate, such as a spiritual leader, a mental health provider or an unbiased family member or friend.

It may also be helpful to reflect on times you've hurt others and on those who have forgiven you. As you recall how you felt, it may help you to understand the position of the person who hurt you. It can also be beneficial to pray, use guided meditation or journal. In any case, if the intention to forgive is present, forgiveness will come in its time.

**Does forgiveness guarantee reconciliation?**

Not always. In some cases, reconciliation may be impossible because the offender has died. In other cases, reconciliation may not be appropriate, especially if you were attacked or assaulted. But even in those cases, forgiveness is still possible, even if reconciliation isn't.

On the other hand, if the hurtful event involved a family member or friend whose relationship you otherwise value, forgiveness may lead to reconciliation. This may not happen quickly, as you both may need time to re-establish trust. But in the end, your relationship may very well be one that is rich and fulfilling.

**How do I know when I've truly forgiven someone?**

Forgiveness may result in sincerely spoken words such as "I forgive you" or tender actions that fit the relationship. But more than this, forgiveness brings a kind of peace that helps you go on with life. The offense is no longer front and center in your thoughts or feelings. Your hostility, resentment and misery have made way for compassion, kindness and peace.

Also, remember that forgiveness often isn't a one-time thing. It begins with a decision, but because memories or another set of words or actions may trigger old feelings, you may need to recommit to forgiveness over and over again.

**What if the person I'm forgiving doesn't change?**

Getting the other person to change their actions, behavior or words isn't the point of forgiveness. In fact, the other person may never change or apologize for the offense. Think of forgiveness more about how it can change your life — by bringing you more peace, happiness, and emotional and spiritual healing.

Forgiveness takes away the power the other person continues to wield in your life. Through forgiveness, you choose to no longer define yourself as a victim. Forgiveness is done primarily for yourself, and less so for the person who wronged you.

**What if I'm the one who needs forgiveness?**

It may help to spend some time thinking about the offense you've committed and trying to determine the effect it has had on others. Unless it may cause more harm or distress, consider admitting the wrong you've done to those you've harmed, speaking of your sincere sorrow or regret, and specifically asking for forgiveness — without making excuses.

But if this seems unwise because it may further harm or distress, don't do it — it's not about making yourself feel better by apologizing. You don't want to add salt to a painful wound. Also, keep in mind that you can't force someone to forgive you. They will need to move to forgiveness in their own time.

In any case, we have to be willing to forgive ourselves. Holding on to resentment against yourself can be just as toxic as holding on to resentment against someone else. Recognize that poor behavior or mistakes don't make you worthless or bad.

Accept the fact that you — like everyone else — aren't perfect. Accept yourself despite your faults. Admit your mistakes. Commit to treating others with compassion, empathy and respect. And again, talking with a spiritual leader, mental health provider or trusted friend or relative may be helpful.

Forgiveness of yourself or someone else, though not easy, can transform your life. Instead of dwelling on the injustice and revenge, instead of being angry and bitter, you can move toward a life of peace, compassion, mercy, joy and kindness.

Consider the above article. Look at the events in Chapters 14-18. There are many wrongs committed that come to light.

1. Baba fathering a child with Ali’s wife
2. the Taliban murdering Hassan
3. Hassan’s mother leaving him as an infant
4. Amir’s betrayal of Hassan in the Alley
5. the secret of Amir and Hassan’s true relationship

How does each character deal with the concept of forgiveness? How does it affect each character?