

# Self-Forgiveness and Self-Condensation in the Context of Addictive Behavior and Suicidal Behavior

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**Abstract:** Addictive behavior and suicidal behavior are serious individual- and public-level health concerns. For those struggling with either or both, self-condemnation is a common experience, especially with respect to shame, guilt, and self-stigma. Self-forgiveness, a construct common to both religiousness/spirituality and positive psychology, may be an effective tool in addressing the self-condemnation inherent to those struggling with addictive behavior and suicidal behavior. In this review paper, we discuss (1) the nature and definition of forgiveness, (2) theoretical modeling developed regarding the general association of forgiveness with health, (3) theoretical modeling developed regarding the specific association of forgiveness with better outcomes related to addictive and/or suicidal behavior, (4) the relevance of shame, guilt, and self-stigma to the development and maintenance of addictive and suicidal behavior, and (5) the role of self-forgiveness in addressing self-condemnation, especially shame, guilt, and self-stigma. Little work explicitly focused on the association of self-forgiveness with shame, guilt, and/or self-stigma has been done. However, empirical evidence is accumulating in support of other associations proposed in the Forgiveness-Addiction-Recovery Association (FARA) Model described herein. As such, it is likely that similar support will be found when the focus is deliberately turned to shame, guilt, and self-stigma.

**Keywords:** positive psychology, shame, guilt, self-stigma, twelve-step model

## Introduction

Addictive behavior (whether related to substance use or gambling) and suicidal behavior (whether ideation, related behaviors, attempt, or death) are each serious health concerns, not only for the individual struggling with either or both, but also in terms of the health and welfare of society at large. Worldwide, each year, over 305,000 individuals die and more than 40,345,000 disability-adjusted life years are lost (DALYs; ie, time lost because of poor health and early death) due to a substance use disorder.<sup>1–3</sup> Considering the mere consumption of alcohol (ie, regardless of one's level of use or problems, etc.), worldwide, each year, about 3,000,000 individuals die and about 133,000,000 DALYs are lost.<sup>1,4</sup> Regarding suicide and suicidal behavior, worldwide, each year, between 775,000 and over 1,000,000 people die by suicide, with up to 20 times as many suicide attempts, and more than 37,500,000 DALYs being lost due to suicidal behavior.<sup>4–6,2,3,6</sup>

Importantly, addictive behavior and suicidal behavior are highly comorbid; such that, if a person is struggling with one, they are likely to be struggling with the other.<sup>7–10</sup> That is, if a person is struggling with addictive behavior, they are likely also struggling with suicidal behavior. And, conversely, if a person is struggling with suicidal behavior, they are likely also struggling with addictive behavior. Related to this, when discussing the issue of suicidal behavior, it is important to note that suicidal behavior is related not only to addictive behavior, but can also be observed in other mental disorders including bipolar, depressive, and Cluster B personality disorders.<sup>11</sup> Also, both addictive behavior and suicidal behavior can be clinical (ie, meeting diagnostic criteria) or sub-clinical (ie, problematic, but not meeting diagnostic criteria). The DSM-5-TR (see also, the ICD-11) includes diagnostic criteria for many Substance Use Disorders and Gambling Disorder, and also includes Suicidal Behavior Disorder and Nonsuicidal Self-Injury Disorder as Conditions for



# Forgiveness In Context

**Lingsheng Yao**



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