

## **Forgiveness Therapy for a Middle Age Woman Who Have an Affair Husband**

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### **Abstract**

Affair is a conflict in the family that frequently happen due to lack of communication between married couple. The conflict can be solved if the couple is willing to forgive each other. The presence of dishonesty causes the wife angry, annoyed, and creating negative emotion hidden for long times. The study on forgiveness was carried out using forgiveness therapy to liberate the anger of a wife who has an affair husband. This research is a case study of an adult woman of 55 year's old living in Tegal, Central Java. The interview and therapy were conducted from September 2011 through January 2012, using Transgression-Related Interpersonal Motivations Scale-12-Item Form (TRIM-12) at time before and after the therapy was issued, to measure the forgiveness motivation of the respondent. To solve the marriage conflict there need a good communication between the couple, in order to release the burden of the victim before hand. After the forgiveness therapy was applied, the respondent looked more confident and dare to build a communication with her husband so that eventually restore the conflict of the marriage. There was a descent score of forgiveness motivation after the forgiveness therapy was executed.

Keywords: Forgiveness Therapy, Affair, Conflict, Marriage