



## PRESS RELEASE

**Forgive & Forget comes back for Season 2, with New Host**  
**TX: Tuesdays at 8.30pm as of February 12**

According to online encyclopaedia Wikipedia, **forgiveness** is the mental, and/or spiritual process of ceasing to feel resentment, indignation or anger against another person for a perceived offense, difference or mistake, or ceasing to demand punishment or restitution.

e.tv's feel good reality show "Forgive & Forget" is coming back for a second season starting on Tuesday, February 12, at 8.30pm. Following months of calls and letters from the public requesting the return of the show, the second season promises more emotional, exciting and heartwarming moments. Each show follows candidates as they set out to renew their relationship with a loved one whom they no longer have contact (due to conflicts and clashes). The show aims to show that an honest apology can mend relationships, dissolve anger, soothe shattered pride or heal a broken heart. That's why the candidates have to prove that they are serious about reconciling.

Inspired by true stories of people seeking forgiveness for wrongdoings done in the past, the show gives ordinary South Africans an opportunity to make amends and show their remorse to their loved ones on national TV. This is no small feat and could be a great way to absolve oneself, so if you have done somebody wrong, this is the show for you. The show also has a new host, Doris Msibi.

"Forgive & Forget speaks to the emotions of both the viewers and those involved in each episode (the ones seeking forgiveness and those doing the forgiving) and that makes it popular among our viewers. The show encourages people to open up about issues that they might have with their loved ones, which may have been difficult to bring up in a different situation. e.tv is always glad to bring back a crowd favourite and we hope this season will bring in even more viewers to the channel," says Zanele Mthembu head of local production at e.tv.

### HOW TO ENTER

The show is currently in production and if you are a person looking to make amends with a loved one then you can still submit your story with details of who you would like to reconcile with and the reasons for the rift. Selected candidates must undertake their immense emotional journey on-screen; that is, they need to convince the host (and, in turn, viewers) that they are truly remorseful. No matter how we are able to empathise with their situation, the question remains: Will they be forgiven by the person they may have wronged?

**Viewers may email their stories to [forgive&forget@endemol.co.za](mailto:forgive&forget@endemol.co.za) or fax their stories to (011) 465 6001.**

### THE MECHANICS OF THE SHOW

The Forgive & Forget team goes to the wronged party; play them a series of clues so that they can make out who may be seeking their forgiveness and then let the viewers know what the person is seeking forgiveness for. Once they have worked out is looking to be forgiven, they are then taken to the Forgive & Forget mobile where a full tape of the person asking for forgiveness is played. Once the tape is played Doris then asks if forgiveness is granted and if not, she knocks on the window for the driver to drive off, and if it is, then the forgiver is asked to open the door and to reconcile with the other person.

### ABOUT THE HOST

"Forgive & Forget 2" is presented by Doris Msibi a business woman and former Mrs Globe SA who has a tremendous interest in the self development, improvement, and transformation of others. A psychology student, former Miss Soweto, and Mrs Globe South Africa 2006/07, Doris realized although it is important to look beautiful on the outside, individuals also need to be encouraged to be beautiful on the inside.

With this philosophy in mind, Doris has focused her career on teaching self development to others. She owns and manages her own business which offers coaching programmes such as communications skills, business and social etiquette, image consultancy, and career guidance.

Doris is also involved as a counsellor and motivational speaker to the youth of Soweto, including Childline, Gauteng. She speaks with young girls between the ages of 17 and 22 about values, morals, personal grooming, spirituality, communication skills, and overall personal presentation.

Doris has recently been awarded the rights to run the Right Living Programme, a personal empowerment programme derived by Dr. Tracy Kemble, president of the Woman In Need, and Mrs Globe Foundations in California, USA. The organization is a non-profit foundation that specializes in personal empowerment for women – from abuse recovery, to self esteem and emotional empowerment.

Doris grew up in Pimville, Soweto, and was raised by her mother who is also her best friend, grandmother, and uncles. She has two sisters aged 20 and 13. She has been married for three years and has a two year old son. Doris met her father when she was 17, sadly, exactly a year later, he passed away.

When asked about being a presenter on *Forgive & Forget* season 2, Doris responds: "I believe the show is an extension of who I am. A lot of people know only the glamorous/ business woman side of me. However I am also a wife, a mother, a sister and daughter and I believe in the importance of living a balanced life."

### **THE FIRST THREE EPISODES**

Ep 1 – Recap

TX: 12 February, at 8.30pm

The debut episode of *Forgive and Forget 2* reflects on the process of 'forgiveness' by revisiting some of last season's guests to see how they have mended their relationships by coming onto the show. Then two ex-gang members, now reformed, return to their old school to try and right the wrongs they perpetrated as mis-guided youth.

Ep 2 - Sister Feud

TX: 19 February, at 8.30pm

A ten year feud between two sisters spills over into the lives of their children. Delisile and Pinky – two cousins – look to *Forgive and Forget 2* to try and reunite their mothers so that their family can be whole again.

Ep 3 - Blame

TX: 26 February, at 8.30pm

Winnie wants to apologise to Mzwandile for cheating on him. She blamed their arguments and the cheating on *umuthi*, but subsequently realised that she needed to take responsibility for her actions. Will he forgive her and accept her back?