

Emotional Forgiveness Scale

Think of your current emotions toward the person who hurt you. Indicate the degree to which you agree or disagree with the following statements.

	Strongly Disagree (SD)	Disagree (D)	Neutral (N)	Agree (A)	Strongly Agree (SA)
1. I care about him or her.	1	2	3	4	5
2. I no longer feel upset when I think of him or her.	1	2	3	4	5
3. I'm bitter about what he or she did to me.	5	4	3	2	1
4. I feel sympathy toward him or her.	1	2	3	4	5
5. I'm mad about what happened.	5	4	3	2	1
6. I like him or her.	1	2	3	4	5
7. I resent what he or she did to me.	5	4	3	2	1
8. I feel love toward him or her.	1	2	3	4	5

Total Score: The higher your score the more emotional forgiveness you are feeling. Scores of 35-40 are high in emotional forgiveness. Scores less than 20 are very low in emotional forgiveness. Emotional forgiveness is reducing negative emotions (questions 2, 3, 5 & 7) and increasing positive emotions (questions 1, 4, 6, & 8) so you might consider if you are further along in reducing negative or increasing positive emotions

Note Reverse code for: 3, 5, 7