

# Forgiveness Scale

*The following are measurements of your forgiveness for a specific individual for a specific event. The scores below are based on your responses to Wade's Forgiveness Scale.*

*The Person of Event You Assessed Yourself for was:*

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| <b>Factor</b>               | <b>Your Score</b> | <b>Minimum</b> | <b>Maximum</b> |
|-----------------------------|-------------------|----------------|----------------|
| <b><u>Thoughts</u></b>      |                   |                |                |
| 1. Revenge                  | _____             | 10             | 50             |
| 2. Freedom from Obsession   | _____             | 4              | 20             |
| 3. Affirmation              | _____             | 9              | 45             |
| 4. Victimization            | _____             | 5              | 25             |
| <b><u>Feelings</u></b>      |                   |                |                |
| 5. Forgiveness items        | _____             | 16             | 80             |
| 6. Unforgiveness items      | _____             | 10             | 50             |
| 7. Total Score [add 5 to 6] | _____             | 26             | 130            |
| <b><u>Behaviors</u></b>     |                   |                |                |
| 8. Avoidance                | _____             | 8              | 40             |
| 9. Toward God               | _____             | 5              | 25             |
| 10. Conciliation            | _____             | 12             | 60             |
| 11. Holding a Grudge        | _____             | 4              | 20             |

**Definitions:**