Heartland Forgiveness Scale

Source: The items come from the 18-item Heartland Forgiveness Scale. Used with Permission


Scale Description: An 18-item scale that measures an individual’s dispositional forgiveness, i.e., the general tendency to forgive others, self, and situations over which the individual had no control (e.g., illness).

Scoring and Algorithm

Note: For each assessment, there is a scoring algorithm leading to one of three acuity ranges: Low, Moderate, or High.

Each item is scored 1-7, as indicated below. Total is sum of all 18 items, possible range for total is 18-126. Reverse Scores: 2, 4, 6, 7, 9, 11, 13, 15, and 17.

Algorithm

<table>
<thead>
<tr>
<th>Total</th>
<th>Acuity</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-54</td>
<td>Low Forgiveness</td>
</tr>
<tr>
<td>55-89</td>
<td>Moderate Forgiveness</td>
</tr>
<tr>
<td>90-126</td>
<td>High Forgiveness</td>
</tr>
</tbody>
</table>
Forgiveness Assessment

Directions: In the course of our lives, negative things may occur because of our own actions, the actions of others, or circumstances beyond our control. For some time after these events, we may have negative thoughts or feelings about ourselves, others, or the situation. Think about how you typically respond to such negative events. Next to each of the following items write the number (from the 7-point scale below) that best describes how you typically respond to the type of negative situation described. There are no right or wrong answers. Please be as open as possible in your answers.

1  2  3  4  5  6  7
Almost Always  More Often  More Often  Almost Always
False of Me     False of Me     True of Me     True of Me

1. Although I feel bad at first when I mess up, over time I can give myself some slack. _____

2. I hold grudges against myself for negative things I’ve done. _____

3. Learning from bad things that I’ve done helps me get over them. _____

4. It is really hard for me to accept myself once I’ve messed up. _____

5. With time I am understanding of myself for mistakes I’ve made. _____

6. I don’t stop criticizing myself for negative things I’ve felt, thought, said, or done. _____

7. I continue to punish a person who has done something that I think is wrong. _____

8. With time I am understanding of others for the mistakes they’ve made. _____

9. I continue to be hard on others who have hurt me. _____

10. Although others have hurt me in the past, I have eventually been able to see them as good people. _____

11. If others mistreat me, I continue to think badly of them. _____

12. When someone disappoints me, I can eventually move past it. _____

13. When things go wrong for reasons that can’t be controlled, I get stuck in negative thoughts about it. _____

14. With time I can be understanding of bad circumstances in my life. _____
15. If I am disappointed by uncontrollable circumstances in my life, I continue to think negatively about them.

16. I eventually make peace with bad situations in my life.

17. It’s really hard for me to accept negative situations that aren’t anybody’s fault.

18. Eventually I let go of negative thoughts about bad circumstances that are beyond anyone’s control.

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