

SELF-FORGIVENESS SCALE - Dawn Glasener-Kuhlman & Mark Rye (2002) ©

Think of how you have responded after you mistreated or wronged another person.

Indicate the degree to which you agree or disagree with the following statements.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. I can't stop thinking about how I wronged this person.	5	4	3	2	1
2. I deserve to have good things happen to me.	5	4	3	2	1
3. I spend time thinking about how to punish myself for having wronged this person.	5	4	3	2	1
4. I feel anger toward myself for wronging this person.	5	4	3	2	1
5. I avoid certain people and/or places because they remind me of how I wronged this person.	5	4	3	2	1
6. I pray for myself.	5	4	3	2	1
7. If I encountered the person who I wronged I would feel at peace.	5	4	3	2	1
8. My wrongful actions toward this person have kept me from enjoying life.	5	4	3	2	1
9. I have been able to let go of my anger toward myself for wronging this person.	5	4	3	2	1
10. I become depressed when I think of how I mistreated this person.	5	4	3	2	1
11. I think that many of my negative feelings related to my wrongful actions towards this person have healed.	5	4	3	2	1
12. I experience self-hatred when I think about how I wronged this person.	5	4	3	2	1
13. I have compassion for myself.	5	4	3	2	1
14. I think I have ruined my life because of my wrongful actions towards this person.	5	4	3	2	1
15. I hope others treat me fairly in the future.	5	4	3	2	1

Reverse score items: 1, 3, 4, 5, 8, 10, 12, 14

Absence of Negative (AN) Subscale items: 1, 3, 4, 5, 8, 9, 10, 11, 12, 14

Presence of Positive (PP) Subscale items: 2, 6, 7, 13, 15