



Red Willow  
COUNSELING & RECOVERY

## Marital Forgiveness Scale

Think of the time (during the last 6 months) when you felt most wronged or hurt by your partner.

How much hurt or upset did you experience when this event happened?

Very little    1    2    3    4    5    6    7    8    9    Most hurt ever felt

Now please rate the following statements:

Strongly Disagree	1	2	3	4	5	6	Strongly Agree	
1	2	3	4	5	6			I didn't want to have anything to do with her/him
1	2	3	4	5	6			I soon forgave my partner
1	2	3	4	5	6			I found a way to make her/him regret it
1	2	3	4	5	6			I gave him/her the cold shoulder
1	2	3	4	5	6			I withdrew from my partner
1	2	3	4	5	6			I did something to even the score
1	2	3	4	5	6			It was easy to feel warmly again toward my partner
1	2	3	4	5	6			I retaliated or did something to get my own back
1	2	3	4	5	6			I am able to act as positively toward my partner now as I was before it happened

### Benevolence

Add up the scores for the 2nd, 7th, 9th items

### Avoidance

Add up the scores for the 1st, 4th, 5th items

### Retaliation

Add up the scores for the 3rd, 6th, 8th items

*Source: Fincham, F.D., Beach, S.R., & Davila, J. (2013)*