



The Decisional Forgiveness Scale (DFS)

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

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. I intend to try to hurt him or her in the same way he or she hurt me.	5	4	3	2	1
2. I will not try to help him or her if he or she needs something.	5	4	3	2	1
3. If I see him or her, I will act friendly.	5	4	3	2	1
4. I will try to get back at him or her.	5	4	3	2	1
5. I will try to act toward him or her in the same way I did before he or she hurt me.	5	4	3	2	1
6. If there is an opportunity to get back at him or her, I will take it.	5	4	3	2	1
7. I will not talk with him or her.	5	4	3	2	1
8. I will not seek revenge upon him or her.	5	4	3	2	1

Scores for items 1, 2, 4, 6, 7 are reverse scored. For example, an answer of 1 is given a score of 5 and an answer of 5 is given a score of 1.