



The Emotional Forgiveness Scale (EFS)

Think of your current emotions 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 care about him or her..	5	4	3	2	1
2. I no longer feel upset when I think of him or her.	5	4	3	2	1
3. I'm bitter about what he or she did to me.	5	4	3	2	1
4. I feel sympathy toward him or her.	5	4	3	2	1
5. I'm mad about what happened.	5	4	3	2	1
6. I like him or her.	5	4	3	2	1
7. I resent what he or she did to me.	5	4	3	2	1
8. I feel love toward him or her.	5	4	3	2	1

Scores for items 3, 5, 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.