



Trait Forgiveness Scale

Indicate the degree to which you agree or disagree with each statement below by using the following scale:

1	2	3	4	5	6	7
Strongly Disagree			Neither Disagree & Agree			Strongly Agree

1. People close to me probably think I hold a grudge too long.
2. I can forgive a friend for almost anything.
3. If someone treats me badly, I treat him or her the same.
4. I try to forgive others even when they don't feel guilty for what they did.
5. I can usually forgive and forget an insult.
6. I feel bitter about many of my relationships.
7. Even after I forgive someone, things often come back to me that I resent.
8. There are some things for which I could never forgive even a loved one.
9. I have always forgiven those who have hurt me.
10. I am a forgiving person.

Source: Berry, J. W., Worthington, E. L., O'Connor, L. E., Parrott, L., & Wade, N. G. (2005). Forgiveness, vengeful rumination, and affective traits. Journal of Personality.