



Transgression-Related Interpersonal Motivations Inventory

For the following questions, please indicate your current thoughts and feelings about the person who hurt you; that is, we want to know how you feel about that person right now. Next to each item, circle the number that best describes your current thoughts and feelings.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I'll make him/her pay.	1	2	3	4	5
2. I am trying to keep as much distance between us as possible.	1	2	3	4	5
3. Even though his/her actions hurt me, I have goodwill for him/her.	1	2	3	4	5
4. I wish that something bad would happen to him/her.	1	2	3	4	5
5. I am living as if he/she doesn't exist, isn't around.	1	2	3	4	5
6. I want us to bury the hatchet and move forward with our relationship.	1	2	3	4	5
7. I don't trust him/her.	1	2	3	4	5
8. Despite what he/she did, I want us to have a positive relationship again.	1	2	3	4	5
9. I want him/her to get what he/she deserves.	1	2	3	4	5
10. I am finding it difficult to act warmly toward him/her.	1	2	3	4	5
11. I am avoiding him/her.	1	2	3	4	5
12. Although he/she hurt me, I am putting the hurts aside so we can resume our relationship.	1	2	3	4	5
13. I'm going to get even.	1	2	3	4	5
14. I have given up my hurt and resentment.	1	2	3	4	5
15. I cut off the relationship with him/her.	1	2	3	4	5
16. I have released my anger so I can work on restoring our relationship to health.	1	2	3	4	5
17. I want to see him/her hurt and miserable.	1	2	3	4	5
18. I withdraw from him/her.	1	2	3	4	5

Avoidance Motivations:

Add up the scores for items 2, 5, 7, 10, 11, 15, and 18

Revenge Motivations:

Add up the scores for items 1, 4, 9, 13, and 17

Benevolence Motivations

Add up the scores for items 3, 6, 8, 12, 14, and 16

Source: McCullough, M. E., Root, L. M., & Cohen, A. D. (2006). Writing about the personal benefits of a transgression facilitates forgiveness. *Journal of Consulting and Clinical Psychology, 74*, 887-897.