

# FORGIVENESS EVALUATION

## How good of a forgiver are YOU?

Below is a series of True or False questions to evaluate where you are in the forgiveness process. Try to answer each question as honestly as you can by marking a "T" or "F" next to each one. Usually your immediate thought is the most accurate. You may also ask a family member or trusted friend to answer the same questions about you from their perspective. Please see your score at the bottom.

1. I don't have any friends or family who have told me I need to forgive someone else.
2. I can think of my offender without negative feelings of stress, anger, or bitterness.
3. I do not keep track of ways that other people have hurt me.
4. I do not say bad things about those who have caused me pain.
5. I don't share my story of hurt or betrayal repeatedly to other people.
6. I do not go out of my way to avoid the person who hurt me.
7. I would not be uncomfortable to talk to this person face to face.
8. I can be completely objective about my experience, despite my painful past.
9. I have no doubts about my self-worth regardless of what happened to me.
10. I never think of ways I'd like to get revenge against people who hurt me.
11. I can be happy for my offender if they succeed and do well.
12. I do not struggle to accept and receive love from other people or my family.
13. I easily forgive myself when I make poor decisions that impact my life.
14. I do not need addictive behaviors to cover up or escape from my pain.
15. I don't have difficulty expressing myself or telling people how I feel.
16. I do not have a problem trying to please other people.
17. I do not let people take advantage of me.
18. I do not let what other people think of me determine my value.
19. I can usually embrace the truth, even when a lie "feels" true.
20. I don't compare myself with other people and I don't feel that my life is unfair.
21. I do not blame others for the problems in my life.
22. I don't believe my health has been affected by my struggle to forgive.
23. I have learned new insights that have helped me by recounting my pain in my mind.
24. I am as close to God today as when I first began trying to forgive my offender.
25. I am experiencing freedom through forgiveness.

## YOUR SCORE

0–4 FALSE: Congratulations, you're doing very well. Hopefully this will help you identify some areas where you may need to work. Even if you feel that forgiveness may not be a strong issue for you, it's likely that you may know someone else who is struggling and would benefit from the book *Forgive Your Way to Freedom*.

5–9 FALSE: This would be a clear indication that you are working through some forgiveness issues that have yet to be resolved. Be encouraged! *Forgive Your Way to Freedom* will help you find the freedom that you seek and deserve.

10–14 FALSE: Forgiveness is a very definite issue for you, and your struggle is keeping you from the joy and peace God wants for your life. The good news is that *Forgive Your Way to Freedom* was written with you in mind. You will find the tools you need so you can experience the full joy, power, and freedom of forgiveness.

15 + FALSE: At this point you may want to seriously consider professional counseling to help you manage your trauma. *Forgive Your Way to Freedom* is not intended to replace the therapy you may need from a qualified counselor.