



## **Heartland Forgiveness Scale**

**Source:** The items come from the 18-item Heartland Forgiveness Scale. [Used with Permission](#)

**Reference:** Thompson, L.Y., Snyder, C.R., Hoffman, L., Michael, S.T. Rasmussen, H., N., Billings, L.S., Heinze, L., Neufeld, J. E., Shorey, H. S., Roberts, J. C. & Roberts, D.E. (2005). Dispositional forgiveness of self, others, and situations. *Journal of Personality*, 73, 313-359.

**Scale Description:** An 18-item scale that measures an individual’s dispositional forgiveness, i.e., the general tendency to forgive others, self, and situations over which the individual had no control (e.g., illness).

### **Scoring and Algorithm**

**Note:** For each assessment, there is a scoring algorithm leading to one of three acuity ranges: Low, Moderate, or High.

Each item is scored 1-7, as indicated below. Total is sum of all 18 items, possible range for total is 18-126.

Reverse Scores: 2, 4, 6, 7, 9, 11, 13, 15, and 17.

### **Algorithm**

Total = 18-54	Low Forgiveness
Total = 55-89	Moderate Forgiveness
Total = 90-126	High Forgiveness



**Forgiveness Assessment**

**Directions:** In the course of our lives negative things may occur because of our own actions, the actions of others, or circumstances beyond our control. For some time after these events, we may have negative thoughts or feelings about ourselves, others, or the situation. Think about how you **typically** respond to such negative events. Next to each of the following items write the number (from the 7-point scale below) that best describes how you **typically** respond to the type of negative situation described. There are no right or wrong answers. Please be as open as possible in your answers.

1	2	3	4	5	6	7
Almost Always False of Me		More Often False of Me		More Often True of Me		Almost Always True of Me
1. Although I feel bad at first when I mess up, over time I can give myself some slack. <span style="float: right;">_____</span>						
2. I hold grudges against myself for negative things I've done. <span style="float: right;">_____</span>						
3. Learning from bad things that I've done helps me get over them. <span style="float: right;">_____</span>						
4. It is really hard for me to accept myself once I've messed up. <span style="float: right;">_____</span>						
5. With time I am understanding of myself for mistakes I've made. <span style="float: right;">_____</span>						
6. I don't stop criticizing myself for negative things I've felt, thought, said, or done. <span style="float: right;">_____</span>						
7. I continue to punish a person who has done something that I think is wrong. <span style="float: right;">_____</span>						
8. With time I am understanding of others for the mistakes they've made. <span style="float: right;">_____</span>						
9. I continue to be hard on others who have hurt me. <span style="float: right;">_____</span>						
10. Although others have hurt me in the past, I have eventually been able to see them as good people. <span style="float: right;">_____</span>						
11. If others mistreat me, I continue to think badly of them. <span style="float: right;">_____</span>						
12. When someone disappoints me, I can eventually move past it. <span style="float: right;">_____</span>						
13. When things go wrong for reasons that can't be controlled, I get stuck in negative thoughts about it. <span style="float: right;">_____</span>						
14. With time I can be understanding of bad circumstances in my life. <span style="float: right;">_____</span>						



- 15. If I am disappointed by uncontrollable circumstances in my life, I continue to think negatively about them. \_\_\_\_\_
- 16. I eventually make peace with bad situations in my life. \_\_\_\_\_
- 17. It's really hard for me to accept negative situations that aren't anybody's fault. \_\_\_\_\_
- 18. Eventually I let go of negative thoughts about bad circumstances that are beyond anyone's control. \_\_\_\_\_

*\*The reproduction of any copyrighted material is prohibited without the express permission of the copyright holder.*