

Forgiveness Where Are You on the Path toward Peace and Healing?

Forgiveness is a healing journey for both body and soul. Yet, even if you know in your heart that you want or need to forgive someone, the path toward peace can be difficult. To move forward, it often helps to have an accurate sense of where you are right now.

Take about five minutes to assess your thoughts, feelings and behaviors related to forgiveness. You may find, as many other have, that simply taking this check-up moves you forward toward peace.

Think about the specific person you want to measure your forgiveness toward. Rate each item to the extent that the thoughts, feelings, and behaviors match your own.

0 = Strongly disagree | 1 = Disagree | 2 = Neutral | 3 = Agree | 4 = Strongly agree

1. I'm going to get even.
Strongly disagree 0 1 2 3 4 Strongly agree
2. I'll make them pay.
Strongly disagree 0 1 2 3 4 Strongly agree
3. I replay the offense in my mind, dwelling on it.
Strongly disagree 0 1 2 3 4 Strongly agree
4. I think about them with anger.
Strongly disagree 0 1 2 3 4 Strongly agree
5. I can understand where they are coming from.
Strongly disagree 0 1 2 3 4 Strongly agree
6. I have a clear ability to see their good points.
Strongly disagree 0 1 2 3 4 Strongly agree
7. I prayed for them, asking God to bless them.
Strongly disagree 0 1 2 3 4 Strongly agree
8. I told God I forgive them.
Strongly disagree 0 1 2 3 4 Strongly agree
9. My resentment is gone.
Strongly disagree 0 1 2 3 4 Strongly agree
10. I feel peace.
Strongly disagree 0 1 2 3 4 Strongly agree
11. I keep as much distance between us as possible.
Strongly disagree 0 1 2 3 4 Strongly agree
12. I live as if they don't exist, or never existed.
Strongly disagree 0 1 2 3 4 Strongly agree
13. I looked for the source of the problem and tried to correct it.
Strongly disagree 0 1 2 3 4 Strongly agree
14. I took steps toward reconciliation: wrote them, called them, showed concern.
Strongly disagree 0 1 2 3 4 Strongly agree