**Unforgiveness Measure**

Stackhouse, M. R. D., Jones Ross, R. W. & Boon, S. D. (2018). Unforgiveness: Refining theory and measurement of an understudied construct. *British Journal of Social Psychology (57)*, 130-153. https://doi.org/10.1111/bjso.12226

Many of us have had experiences when we have NOT forgiven someone for something.

Please think of a time such as this and describe it briefly below.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Circle the number under the response for each statement:** | **Strongly Agree** | **Agree** | **Some-what Agree** | **Either Agree or Disagree** | **Some-what Disagree** | **Disagree** | **Strongly Disagree** | **EU** | **OR** | **ER** |
| **I am unwilling to forgive this person.** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |  |  |  |
| **It’s hard to separate the person who wronged me from what he or she did.** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |  |  |  |
| **I don’t let this event get me down.** | **1** | **2** | **3** | **4** | **5** | **6** | **7** |  |  |  |
| **I see no benefit in forgiving the person who wronged me.** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |  |  |  |
| **It’s hard for me to let go of this event.** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |  |  |  |
| **The event changed the way I see this person.** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |  |  |  |
| **What this person did is unforgivable.** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |  |  |  |
| **This transgression no longer has any negative effects on my well-being.** | **1** | **2** | **3** | **4** | **5** | **6** | **7** |  |  |  |
| **I continue to feel hurt by what happened.** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |  |  |  |
| **This event forever altered my perception of the person who wronged me.** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |  |  |  |
| **I rarely think about this event in my daily life.** | **1** | **2** | **3** | **4** | **5** | **6** | **7** |  |  |  |
| **I have no desire to forgive this person.** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |  |  |  |
| **I often worry about how this event will affect me in future.** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | **EU** | **OR** | **ER** |

|  |  |  |  |
| --- | --- | --- | --- |
|  | Low | Moderate | High |
| EU – Cognitive-Evaluative | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 |
| OR – Offender Reconstrual | 3 | 5 | 7 | 9 | 11 | 13 | 15 | 17 | 19 | 21 |
| ER – Emotional-Ruminative | 6 | 9 | 12 | 15 | 18 | 21 | 24 | 27 | 30 | 33 | 36 | 39 | 42 |

Notes: