NEUROHEADWAY
Neuroscience Into Education

Forgiveness Assessment – Part 1

- I will not forgive someone if they are not sorry and do not admit what they have done.
- Those who have wronged me do not deserve to be forgiven.
- I find that my lack of ability to forgive makes me stuck thinking about what happened in the past.
- I cannot forgive because I do not want to condone bad behavior.
- A difficulty in forgiving makes it hard for me to trust others.
- It is hard to forgive, because forgiving is letting someone off the hook and makes them no longer accountable.

- Forgiveness is something that you just feel; it is not a trainable skill.

- Since there is nothing I can do about things now, I tend to keep things in and do not share my hurt with others.

- If I forgive, that means I will be vulnerable again so I need to protect myself.

- I cannot forgive myself for past mistakes, choices and failures.