

Forgiveness of Other Scale

No. Item

- 1 I think I'm able to truly forgive people.
 - 2 I can let go of my anger toward those who treated me with contempt.
 - 3 I can accept those who imputed blame on me.
 - 4 When I think of people who treated me with contempt, I feel a surge of hatred.
 - 5 When I remember the harm done to me, I get a desire for revenge.
 - 6 I can forgive people easily if I'm in a good mood.
 - 7 I can't let things rest when the person is wrong.
 - 8 I will forgive if the person asks for forgiveness.
 - 9 I will forgive if the person apologizes.
 - 10 I think that those who treated me with contempt will receive retribution in the future.
 - 11 I think in time I will gain an understanding of those who treated me with contempt.
 - 12 I wish well upon those who vilified me.
 - 13 I contemplate getting even with those who treated me with contempt.
 - 14 I can never forgive even if harm has stopped.
 - 15 It's tough for me to forgive those who treated me bad.
 - 16 I cannot forgive those who treated me with contempt.
 - 17 I will make them suffer for what they did to me.
 - 18 Eventually, I will regard even those who harmed me as good people.
 - 19 I continue to think ill of those who belittled me.
 - 20 I cannot forgive those who harmed me during my childhood.
 - 21 Even though I was belittled, I will eventually be able to put it all behind me.
 - 22 I cannot forgive those who harmed things that are dear to me.
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Note. The Benevolence subscale items are 1, 2, 3, 6, 8, 9, 11, 12, 18, and 21. The Unforgiveness subscale items are 4, 5, 7, 10, 13, 14, 15, 16, 17, 19, 20, and 22.

Forgiveness for Partner Scale

No. Item

- 2 I can let go of my anger toward my partner.
 - 3 I can accept my partner who harmed me.
 - 4 When I think of my partner who treated me with contempt, I feel a surge of hatred.
 - 5 When I remember the harm done to me, I get a desire for revenge.
 - 8 I will forgive if my partner asks for forgiveness.
 - 12 I wish well upon my partner who harmed me.
 - 13 I contemplate getting even with my partner.
 - 15 It's tough for me to forgive my partner who treated me bad.
 - 16 I cannot forgive my partner.
 - 18 Eventually, I will regard even my partner who harmed me as good people.
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Note. The Benevolence subscale items are 2, 3, 8, 12, and 18. The Unforgiveness subscale items are 4, 5, 13, 15, and 16.

Kato, T. (2015). Effects of forgiveness for a partner on psychological dysfunction in dating relationship among freethinkers: A longitudinal study. In E. L. Olsen (Ed.), *Forgiveness: Social significance, health impact and psychological effects*. Hauppauge, NY: NOVA Science Publishers. Pp. 61-82.