



# Journey To Real Vision

## WILLING TO FORGIVE #2 QUIZ

Use this quiz to determine how willing you are to forgive someone that has hurt you. Using the scale below, rate the response that best represents your relationship with the statements:

3 = Yes

2=Neutral

1=No

- I do not feel anxious or depressed thinking about forgiving this person
- I have made peace with this event that hurt me
- I am able to forgive others quickly now since I forgave this person
- I do not hold any grudges
- I do not experience any panic attacks thinking about what happened
- I do not feel any anger towards this person
- I do not see the worst in other people
- I have no difficulties trusting others
- I do not avoid this person when I see them
- I do not feel like a victim

### **SCORE:**

**21-30** You are truly willing to forgive and are making significant progress in your life! You should be so proud of yourself for this accomplishment!

**11-20** You are almost there. There are some areas that you need to work on forgiveness towards this person. Continue working on the forgiveness courses available.

**1-10** You are likely finding it hard to forgive this person and it is affecting your life. You could benefit from coaching.

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