



Journey To Real Vision

WILLING TO FORGIVE 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 = Frequently

2=Sometimes

1=Rarely

- I am relieved that I have been able to forgive this person who wronged me
- I do not dwell on the fact that this person should face consequences for what they did to me
- I do not get upset or angry when I see this person
- I do not have any negative or harmful thoughts towards this person
- I can face this person and know that they can no longer hurt me
- I will not allow what this person did to me to influence how I trust others
- I send out positive vibes to this person and have moved on from the hurt
- I do not think feelings of revenge
- I am able to be happy and have moved on with my life
- I have forgiven myself for feeling any negative emotions towards this person

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.