Instrument Title: Transgression-Related Interpersonal Motivations Inventory (TRIM-18)

Instrument Author: McCullough, M. E

For the following questions, please indicate your current thoughts and feelings about the person who hurt you; that is, we want to know how you feel about that person right now. Next to each item, circle the number that best describes your current thoughts and feelings.

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Neutral</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

1. I’ll make him/her pay.
2. I am trying to keep as much distance between us as possible.
3. Even though his/her actions hurt me, I have goodwill for him/her.
4. I wish that something bad would happen to him/her.
5. I am living as if he/she doesn’t exist, isn’t around.
6. I want us to bury the hatchet and move forward with our relationship.
7. I don’t trust him/her.
8. Despite what he/she did, I want us to have a positive relationship again.
9. I want him/her to get what he/she deserves.
10. I am finding it difficult to act warmly toward him/her.
11. I am avoiding him/her.
12. Although he/she hurt me, I am putting the hurts aside so we can resume our relationship.
13. I’m going to get even.
14. I have given up my hurt and resentment.
15. I cut off the relationship with him/her.
16. I have released my anger so I can work on restoring our relationship to health.
17. I want to see him/her hurt and miserable.
18. I withdraw from him/her.
Scoring Instructions

**Avoidance Motivations:**
Add up the scores for items 2, 5, 7, 10, 11, 15, and 18

**Revenge Motivations:**
Add up the scores for items 1, 4, 9, 13, and 17

**Benevolence Motivations**
Add up the scores for items 3, 6, 8, 12, 14, and 16

**Citation:**