

Instrument Title: Marital Forgiveness Scale "Event  
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## Marital Forgiveness Scale – Event

Think of the time (option to specify time period; eg., during the last 12 months) when you felt most **wronged** or hurt by your partner.

Write a very brief description of what happened:

How much hurt or upset did you experience when this event happened?

Very little hurt    1    2    3    4    5    6    7    8    9    Most hurt ever felt

Now please rate the following statements:

*Strongly  
Disagree*

*Strongly  
Agree*

- |   |   |   |   |   |   |  |
|---|---|---|---|---|---|--|
| 1 | 2 | 3 | 4 | 5 | 6 | I didn't want to have anything to do with her/him                                |
| 1 | 2 | 3 | 4 | 5 | 6 | I soon forgave my partner  |
| 1 | 2 | 3 | 4 | 5 | 6 | I found a way to make her/him regret it  |
| 1 | 2 | 3 | 4 | 5 | 6 | I gave him/her the cold shoulder,  |
| 1 | 2 | 3 | 4 | 5 | 6 | I withdrew from my partner   |
| 1 | 2 | 3 | 4 | 5 | 6 | I did something to even the score,   |
| 1 | 2 | 3 | 4 | 5 | 6 | It was easy to feel warmly again toward my partner                               |
| 1 | 2 | 3 | 4 | 5 | 6 | I retaliated or did something to get my own back                                 |
| 1 | 2 | 3 | 4 | 5 | 6 | I am able to act as positively toward my partner now as I was before it happened |

The above items yield three subscales:

**Benevolence** (2<sup>nd</sup>, 7<sup>th</sup>, 9<sup>th</sup> items, alpha = .86 and .85 for husbands and wives, respectively)

**Avoidance** (1<sup>st</sup>, 4<sup>th</sup>, 5<sup>th</sup> items, alpha = .76 and .80 for husbands and wives, respectively),

**Retaliation** (3<sup>rd</sup>, 6<sup>th</sup>, 8<sup>th</sup> items, alpha = .79 and .77 for husbands and wives, respectively)