

Instrument Title: Marital Offense â€“Specific Forgiveness Scale  
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### Marital Offence-Specific Forgiveness Scale

Each of the following statements describes possible feelings, thoughts, and behaviors you might currently experience in response to the offence. Please indicate the extent to which you agree or disagree with each statement by using the rating scale below.

Table A1

| 1                                                                                                          | 2        | 3                 | 4              | 5     | 6              |
|------------------------------------------------------------------------------------------------------------|----------|-------------------|----------------|-------|----------------|
| strongly disagree                                                                                          | disagree | somewhat disagree | somewhat agree | agree | strongly agree |
| 1. Since my wife/husband behaved that way, I have been less willing to talk to her/him.                    |          |                   |                |       |                |
|                                                                                                            | 1        | 2                 | 3              | 4     | 5              |
| 2. Although she/he hurt me, I definitely put what happened aside so that we could resume our relationship. |          |                   |                |       |                |
|                                                                                                            | 1        | 2                 | 3              | 4     | 5              |
| 3. Since my wife/husband behaved that way, I get annoyed with her/him more easily.                         |          |                   |                |       |                |
|                                                                                                            | 1        | 2                 | 3              | 4     | 5              |
| 4. I make my wife/husband feel guilty for what happened.                                                   |          |                   |                |       |                |
|                                                                                                            | 1        | 2                 | 3              | 4     | 5              |
| 5. Since my wife/husband behaved that way, I have done my best to restore my relationship with her/him.    |          |                   |                |       |                |
|                                                                                                            | 1        | 2                 | 3              | 4     | 5              |
| 6. I would like to behave toward my wife/husband in the same way that she/he behaved toward me.            |          |                   |                |       |                |
|                                                                                                            | 1        | 2                 | 3              | 4     | 5              |
| 7. Because of what happened, I find it difficult to be loving toward her/him.                              |          |                   |                |       |                |
|                                                                                                            | 1        | 2                 | 3              | 4     | 5              |
| 8. I still hold some grudge against my wife/husband because of what she/he did.                            |          |                   |                |       |                |
|                                                                                                            | 1        | 2                 | 3              | 4     | 5              |
| 9. I forgave her/him completely, thoroughly.                                                               |          |                   |                |       |                |
|                                                                                                            | 1        | 2                 | 3              | 4     | 5              |
| 10. I soon forgave her/him.                                                                                |          |                   |                |       |                |
|                                                                                                            | 1        | 2                 | 3              | 4     | 5              |

Resentment–Avoidance items: 1, 3, 4, 6, 7, 8. Benevolence items: 2, 5, 9, 10.

[Paleari, F. G, Regalia, C., & Fincham, F.D. \(2009\). Measuring offence-specific forgiveness in marriage: The Marital Offence-specific Forgiveness Scale \(MOFS\). \*Psychological Assessment\*, 21, 194-209.](#)