

Forgiveness
Adapted from Gordon & Baucom, 2003

Forgiveness has long been considered an important interpersonal strength. The forgiveness process described by Gordon and Baucom (2003) details three distinct stages, the third and final of which is characterized by the wronged person moving on from the incident. This stage is marked by both increasingly balanced views of the offender and decreasingly negative emotions towards him/her. The original measure consists of 25 items to assess all three stages of forgiveness in a romantic relationship. Three items measuring cognitive, behavioral, and emotional indices of the third stage of forgiveness were selected and adapted for use in the Life Paths study, with some wording simplified and generalized to any close relationship.

Development and validation of measure in pilot study and main sample: To establish reliability and validity for new and adapted items, we conducted a pilot study with 104 participants from the same community as the main sample, recruited through a local email classifieds list and word-of-mouth. In the main sample of over 2500 participants, we conducted domain-level factor analyses for all interpersonal strengths. Of the five Forgiveness items used in the main survey, three items were maintained in this final factor solution. Internal consistencies (coefficient alphas) are 0.63 for both the pilot and main samples. Validity was established in the main sample with moderate correlations with related scales, such as Compassion ($r = .43$) and Meaning Making – Other-Oriented ($r = .32$), as well as Subjective Well-being ($r = .30$).

Scoring: Each answer category was assigned a value from 4 to 1. The total score can be a sum or mean of all the items. We used z-scores of the scale score in our analyses. Higher scores indicate higher levels of forgiveness.

Life Paths version: Hamby, S., Grych, J., & Banyard, V. L. (2015). *Life Paths measurement packet: Finalized scales*. Sewanee, TN: Life Paths Research Program. <http://www.lifepathsresearch.org/strengths-measures/>

Adapted from: Gordon, K. C., & Baucom, D. H. (2003). Forgiveness and marriage: Preliminary support for a synthesized model of recovery from a marital betrayal. *American Journal of Family Therapy*, 31, 179-199.

For the next items, think about a recent argument or disagreement you have had with someone important in your life. This can be a romantic partner, parent, family member, or good friend.

1. I am ready to put what happened behind me.
 - Mostly true about me 4
 - Somewhat true about me 3
 - A little true about me 2
 - Not true about me 1
2. I know how I feel about continuing our relationship.
 - Mostly true about me 4
 - Somewhat true about me 3
 - A little true about me 2
 - Not true about me 1
3. Understanding what the other person did is more important to me than blaming him/her.
 - Mostly true about me 4
 - Somewhat true about me 3
 - A little true about me 2
 - Not true about me 1