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Heartland Forgiveness Scale

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Yamhure Thompson, Laura; Snyder, C. R.; and Hoffman, Lesa, "Heartland Forgiveness Scale" (2005).
Faculty Publications, Department of Psychology. 452.

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Heartland Forgiveness Scale (HFS)

Directions: In the course of our lives negative things may occur because of our own actions, the actions of others, or circumstances beyond our control. For some time after these events, we may have negative thoughts or feelings about ourselves, others, or the situation. Think about how you **typically** respond to such negative events. Next to each of the following items write the number (from the 7-point scale below) that best describes how you **typically** respond to the type of negative situation described. There are no right or wrong answers. Please be as open as possible in your answers.

1	2	3	4	5	6	7
Almost Always False of Me		More Often False of Me		More Often True of Me		Almost Always True of Me

- ___ 1. Although I feel bad at first when I mess up, over time I can give myself some slack.
- ___ 2. I hold grudges against myself for negative things I've done.
- ___ 3. Learning from bad things that I've done helps me get over them.
- ___ 4. It is really hard for me to accept myself once I've messed up.
- ___ 5. With time I am understanding of myself for mistakes I've made.
- ___ 6. I don't stop criticizing myself for negative things I've felt, thought, said, or done.
- ___ 7. I continue to punish a person who has done something that I think is wrong.
- ___ 8. With time I am understanding of others for the mistakes they've made.
- ___ 9. I continue to be hard on others who have hurt me.
- ___ 10. Although others have hurt me in the past, I have eventually been able to see them as good people.
- ___ 11. If others mistreat me, I continue to think badly of them.
- ___ 12. When someone disappoints me, I can eventually move past it.
- ___ 13. When things go wrong for reasons that can't be controlled, I get stuck in negative thoughts about it.
- ___ 14. With time I can be understanding of bad circumstances in my life.
- ___ 15. If I am disappointed by uncontrollable circumstances in my life, I continue to think negatively about them.
- ___ 16. I eventually make peace with bad situations in my life.
- ___ 17. It's really hard for me to accept negative situations that aren't anybody's fault.
- ___ 18. Eventually I let go of negative thoughts about bad circumstances that are beyond anyone's control.

Heartland Forgiveness Scale Scoring and Interpretation

To the left of the blanks where you have written your responses to each item, you will now write a score for each item.

1. Score Items 1, 3, 5, 8, 10, 12, 14, 16, and 18

The scores for items 1, 3, 5, 8, 10, 12, 14, 16, and 18 are the same as the numbers that you wrote. To score each of these items, simply write the same number for your score as you wrote for your response. For example, if you wrote the number 6, the score would be 6, and you would write the number 6 next to your response for that item.

The Number You Wrote	Your Score
1	1
2	2
3	3
4	4
5	5
6	6
7	7

2. Score Items 2, 4, 6, 7, 9, 11, 13, 15, and 17

For items 2, 4, 6, 7, 9, 11, 13, 15, and 17, the scores are not the same as the number you wrote. Use the list of scores given below to write the correct score next to the number that you wrote in response to each of these items. For example, if you wrote the number 6, the correct score would be 2, and you would write the number 2 next to your response for that item.

The Number You Wrote	Your Score
1	7
2	6
3	5
4	4
5	3
6	2
7	1

3. Calculate the HFS Subscale Scores and the HFS Total Scale Score

Forgiveness of Self Subscale: Add together your scores for items 1 to 6. The result is your Forgiveness of Self score.

Forgiveness of Others Subscale: Add together your scores for items 7 to 12. The result is your Forgiveness of Others score.

Forgiveness of Situations Subscale: Add together your scores for items 13 to 18. The result is your Forgiveness of Situations subscale score.

Total Heartland Forgiveness Scale: Add together your three scores for the Forgiveness of Self, Forgiveness of Others, and Forgiveness of Situations subscales (or add together your scores for items 1 to 18). The result is your Total Forgiveness scale score.

You can write your subscale and total scale scores in the boxes below.

Heartland Forgiveness Scale Scale / Subscale	Your Score
Forgiveness of Self (Items 1 to 6)	
Forgiveness of Others (Items 7 to 12)	
Forgiveness of Situations (Items 13 to 18)	
Total Forgiveness (Items 1 to 18)	

4. Interpret Your Scores

Your score on the Forgiveness of Self subscale indicates how forgiving you tend to be of yourself. Similarly, your score on the Forgiveness of Others subscale reflects how forgiving you tend to be of other people, and your score on the Forgiveness of Situations subscale shows how forgiving you tend to be of negative circumstances, events, or situations that are beyond anyone's control (such as an illness or natural disaster). Your score on the Total Heartland Forgiveness scale indicates how forgiving you tend to be, in general, of yourself, others, and negative uncontrollable circumstances.

Higher scores indicate higher levels of forgiveness, and lower scores indicate lower levels of forgiveness. On the three subscales, scores of 31 are average, and on the Total Forgiveness scale, a score of 93 is average.