

## Forgiving, Offenses and Apologies in Our Relationship (FOAOR)

### *Part I. Severe offenses*

Has there been any severe offenses in the history of your relationship (betrayals, secret keeping, affair, deserting, etc.) ?

Yes                      No (go to part II)

If yes, briefly describe.

There are two different ways to deal with offenses, 1) deciding where you make a choice to respond by forgiving someone and put it behind you and 2) emotionally, where you feel forgiving and don't feel negatively about it anymore.

1. Where are you in terms of DECIDING to forgive or putting the offense behind you (regardless of how you emotionally feel)?
  - I can't think about deciding to put it behind me now
  - I think about choosing to moving on, but haven't been able to
  - I am preparing to choose to put it behind me soon
  - I'm working at choosing to put it behind me
  - In regards to making a decision, it's behind me
  - I made a choice to put it behind me, and I feel it made our relationship stronger
  
2. Where are you in terms of EMOTIONALLY forgiving or putting the offense behind you (regardless of how you have decided to respond)?
  - I can't think about emotionally putting it behind me now
  - I think about emotionally moving on, but haven't been able to
  - Emotionally preparing to put it behind me soon
  - I'm working at emotionally putting it behind me
  - Emotionally, it's behind me
  - Emotionally, it's behind me, and I feel it made our relationship stronger

### *Part II. Everyday offenses.*

Everyone has weaknesses or problems in their relationship. It would be helpful for us to know what the typical way you and your partner deal with offenses in your relationship before you begin counseling. Think about some of the typical weaknesses or problems that your partner has that sometimes offends, bothers or upsets you. Typical examples are forgetting things important to you, being irresponsible with money, critical, puts up walls/won't communicate, sides with in laws, is a "yeller," is messy, doesn't ask before planning things, doesn't finish things that are started, dishonest, indecisive, anxious, moody, has poor self-esteem, or is impulsive. Can you name one here ? We really need you to come up with something because this is a very central part of your couples intervention, even if it is a small thing that is just sometimes true.

How much of a problem do you perceive this to be?

Not really a problem	Rarely a problem	Sometimes a problem	Often a problem	Always a problem
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In thinking about this problem, rate the following

My partner's behavior was due to something about him/her (e.g., the type of person he/she is, his/her mood)	Disagree strongly	Disagree	Disagree somewhat	Agree somewhat	Agree	Agree strongly
My partner's behavior was due to something about me (e.g., the type of person I am, the mood I was in).....	Disagree strongly	Disagree	Disagree somewhat	Agree somewhat	Agree	Agree strongly
The reason my partner did this is <u>not</u> likely to change	Disagree strongly	Disagree	Disagree somewhat	Agree somewhat	Agree	Agree strongly
The reason my partner did this thing is something that affects other areas of our marriage	Disagree strongly	Disagree	Disagree somewhat	Agree somewhat	Agree	Agree strongly
My partner did this on purpose rather than unintentionally	Disagree strongly	Disagree	Disagree somewhat	Agree somewhat	Agree	Agree strongly
My partner's behavior was motivated by selfish rather than <u>unselfish</u> concerns	Disagree strongly	Disagree	Disagree somewhat	Agree somewhat	Agree	Agree strongly
My partner deserves to be blamed for this	Disagree strongly	Disagree	Disagree somewhat	Agree somewhat	Agree	Agree strongly

If your partner were to do this thing you described in a way that bothered you or upset you. Which of the following would you be more likely to do in response to feeling bothered/upset by that:

- \_\_\_ say something. Either you are critical or you ask your partner to stop or change behavior
- \_\_\_ withdraw. Either you put up a wall or you just don't interact with your partner when this thing happens

Imagine that you have done just that. You said something critical or you put up a wall towards your partner. But you did it in an offensive, unkind way. You can tell you've really made your partner feel badly. You offended him or her. How would your partner respond to you being offensive and unkind?

- \_\_\_ say something. Either your partner would be critical or ask you to stop or change behavior
- \_\_\_ withdraw. Either you put up a wall or you just don't interact with you

Now imagine that you decided to apologize to your partner for offending him or her. Think of something typical that you have done in the past that has offended, hurt or upset your partner (not a very severe offense, more of a moderate or common offense). Describe that here.

Using that situation, what you would say to your mate if you were to apologize for offending him or her. Be as specific as possible, even referring to specific things that happened in the offense. Write out exactly what you would say as though it were a letter of apology.

Dear \_\_\_\_\_,

Part III. TFS for couples

Directions: Indicate the degree to which you agree or disagree with each statement below.

1. My partner probably thinks I hold a grudge too long.	Strongly disagree (5)	Mildly disagree (4)	Agree and disagree equally (3)	Mildly agree (2)	Strongly agree (1)
2. I can forgive my partner for almost anything.	Strongly disagree (1)	Mildly disagree (2)	Agree and disagree equally (3)	Mildly agree (4)	Strongly agree (5)
3. If my partner treats me badly, I treat him or her the same.	Strongly disagree (5)	Mildly disagree (4)	Agree and disagree equally (3)	Mildly agree (2)	Strongly agree (1)
4. I try to forgive my partner even when they don't feel guilty for what they did.	Strongly disagree (1)	Mildly disagree (2)	Agree and disagree equally (3)	Mildly agree (4)	Strongly agree (5)
5. I can usually forgive and forget an insult from my partner.	Strongly disagree (1)	Mildly disagree (2)	Agree and disagree equally (3)	Mildly agree (4)	Strongly agree (5)
6. I feel bitter about my relationship.	Strongly disagree (5)	Mildly disagree (4)	Agree and disagree equally (3)	Mildly agree (2)	Strongly agree (1)
7. Even after I forgive my partner, things often come back to me that I resent.	Strongly disagree (5)	Mildly disagree (4)	Agree and disagree equally (3)	Mildly agree (2)	Strongly agree (1)
8. There are some things for which I could never forgive my partner.	Strongly disagree (5)	Mildly disagree (4)	Agree and disagree equally (3)	Mildly agree (2)	Strongly agree (1)
9. I have always forgiven my partner.	Strongly disagree (1)	Mildly disagree (2)	Agree and disagree equally (3)	Mildly agree (4)	Strongly agree (5)
10. I am a forgiving person in this relationship.	Strongly disagree (1)	Mildly disagree (2)	Agree and disagree equally (3)	Mildly agree (4)	Strongly agree (5)

FOAOR scoring key

This measure examines various aspects of forgiveness and offenses in couples. It asks about the presence of severe offenses, decisional forgiveness, emotional forgiveness, attributions relevant to the offense, distance-pursuer patterns around offenses, asks for the partners to write an apology so the clinician can assess for various important factors in apologies, and asks for trait forgiving applied to the couples relationship.

Presence of severe offense (from either partner's accounting)? \_\_\_\_\_

Level of decisional forgiveness (stage of change) \_\_\_\_\_

Level of emotional forgiveness (stage of change) \_\_\_\_\_

Attribution measure- (Global, stable, internal to spouse) \_\_\_\_\_

Distancer pursuer pattern when tear in relationship \_\_\_\_\_

(e.g., female pursue, male distance)

Analysis of the apology

<input type="checkbox"/> direct apology	<input type="checkbox"/> describe situational factors (for self)
<input type="checkbox"/> took personal responsibility	<input type="checkbox"/> make excuse
<input type="checkbox"/> reference soft emotions	<input type="checkbox"/> lack of emotion, or negative emotions communicated

Trait Forgiving Scale (for couples) total score \_\_\_\_\_