



BITTERNESS ASSESSMENT

counsel • self-study • teaching • cell group • life

Name (who answers are about)

Name (answers given by -if different)

Date

DIRECTIONS: Answer the following questions giving an honest assessment of yourself or the person to whom the answers apply (i.e., spouse). Feel free to add explanatory comments.

	Strongly Disagree Strongly Agree									
1. I do not ruminate on details of past offenses by others.	1	2	3	4	5	6	7	8	9	10
2. I do not bring up past offenses to those I have chosen to forgive.	1	2	3	4	5	6	7	8	9	10
3. I do not gossip about how others have hurt me.	1	2	3	4	5	6	7	8	9	10
4. I do not desire revenge against those who sin against me.	1	2	3	4	5	6	7	8	9	10
5. I pray for those who mistreat me.	1	2	3	4	5	6	7	8	9	10
6. I am quick to lovingly confront those who sin against me.	1	2	3	4	5	6	7	8	9	10
7. During times of conflict with others I do not attack them with past sins they have committed against me .	1	2	3	4	5	6	7	8	9	10
8. I view the sins of others in light of God's mercy on me.	1	2	3	4	5	6	7	8	9	10
9. I am eager to forgive those who have sinned against me.	1	2	3	4	5	6	7	8	9	10
10. I am joyful to bless those who curse me.	1	2	3	4	5	6	7	8	9	10
11. I diligently seek to get along with those who have hurt me in the past.	1	2	3	4	5	6	7	8	9	10
12. I do not think sinful thoughts against those who have sinned against me.	1	2	3	4	5	6	7	8	9	10
13. I am able to enjoy relationship with those who have hurt me in the past.	1	2	3	4	5	6	7	8	9	10
14. I am not easily offended by others (i.e., spouse, friends).	1	2	3	4	5	6	7	8	9	10
15. I do not frequently think about past offenses against me.	1	2	3	4	5	6	7	8	9	10
16. I do not need to get even when others sin against me.	1	2	3	4	5	6	7	8	9	10