

## Do I have unforgiveness?

Sometimes we do not realize that we are harboring unforgiveness. It can be difficult to detect, but there are some actions that may be indicators that there is unforgiveness in a person's life. Use the following checklist for some self-reflection.

1. Are there any experiences that cause you anxiousness or anger when you think about them?				
No	Seldom	Sometimes	Often	Yes
2. Are there any old experiences that you still ruminate about more than once every six months?				
No	Seldom	Sometimes	Often	Yes
3. Are there some people that—when you encounter them—you are immediately overcome with negative emotions (e.g., frustration, criticism, anxiety, repulsion, anger, fear, disgust)?				
No	Seldom	Sometimes	Often	Yes
4. Do you resent the fact that some of your circumstances are the way they are because of another person's behavior?				
No	Seldom	Sometimes	Often	Yes
5. Do you feel envious because another person has received something that you did not receive or should have received?				
No	Seldom	Sometimes	Often	Yes
6. Have you ever wanted another person to feel the pain that they caused you?				
No	Seldom	Sometimes	Often	Yes
7. Do you see yourself as a victim?				
No	Seldom	Sometimes	Often	Yes
8. Do you have recurring thoughts or dreams about a person or a past experience?				
No	Seldom	Sometimes	Often	Yes
9. Do you think about getting even?				
No	Seldom	Sometimes	Often	Yes
10. Do you go out of your way to avoid some people who have hurt you?				
No	Seldom	Sometimes	Often	Yes

If your answers in this activity are consistently three or higher, you might need to forgive someone (or even yourself). Take some time to consider it. Keep in mind, however, that this exercise isn't prescriptive. The purpose of this exercise is for self-reflection.