

From the book
The Real Meaning of the F-Word
Forgiveness as a Path to Freedom

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Forgiveness Quiz

How do you know if you need to do forgiveness work? Take this quiz to find out. You can take it again after you have finished the book and worked through the 3Fs process so that you can compare your results and see your progress.

For each statement, decide if you strongly agree, agree somewhat, feel undecided, disagree somewhat, or strongly disagree. Then, by each statement, write the corresponding number of points for your answer. For example, if you “agree somewhat” with a statement, your points for that statement would be “4.”

Strongly Agree	5 points
Agree Somewhat	4 points
Undecided	3 points
Disagree Somewhat	2 points
Strongly Disagree	1 point

Statement	Score
1. If I forgive someone who hurt me, it's like giving them permission to do it again.	
2. If I forgive someone, it means I should reconcile with them.	
3. I tend to complain a lot.	
4. I have to understand why someone did something wrong in order to consider forgiving them.	
5. I tend to live in the past.	
6. I can forgive, but I never forget.	
7. If I forgive myself for my errors, I am not responsible for my actions.	
8. My future is determined by what happened in my past.	
9. I don't believe in second chances.	
10. The only way someone will understand how I feel is to suffer the same pain.	
11. Revenge is the path to justice.	
12. I believe forgiveness is important, but it is not the door to happiness.	
13. Only saints can forgive atrocities, and I'm certainly not a saint.	
14. People who say they are forgiving are like martyrs.	
15. Although I forgive people who hurt me, I still harbor a bit of anger toward them.	

16. I judge people harshly.	
17. I believe there is truth in the saying, “revenge is sweet.”	
18. I cannot forgive myself for something I have done if the person I hurt doesn't forgive me.	
19. I would never be able to experience closure with someone who passed away.	
20. If someone hurts me, sooner or later they will pay for it.	
21. My family is slow to forgive, so that is the way things should be. It runs in the family.	
22. If someone hurts the people I love, they hurt me forever.	
23. If I release my anger, it means I have condoned what the other person did.	
24. Some people just don't deserve forgiveness.	
25. I can forgive the person who wronged me if they ask for forgiveness and shows remorse.	
ADD UP YOUR TOTAL TO GET YOUR SCORE	TOTAL:

If your score is between 25 and 46:

You are a forgiving person. Either it comes naturally to you, or you have learned the power of forgiveness, and you apply it to your life. You possess the quality of compassion. It is important that you keep up your good work and use the forgiveness tools in every small challenge you face in life. Forgiveness will also help you release issues related to your health.

If your score is between 47 and 90:

You believe in the power of forgiveness. You work through the process, and you are eager to improve your emotional and physical health. You possess the quality of compassion, and you are willing to extend it toward yourself and others. Still, there are times when you find forgiveness to be very challenging. You would benefit from working through the 3Fs so that you don't hide from your emotions.

If your score is between 91 and 125:

You would definitely benefit from immersing yourself in the 3Fs process. You are still attached to the past and your old hurts. But don't feel discouraged! Your emotional, mental and physical health will improve if you are willing to work on forgiveness. It can be learned; the choice is yours. If you want to live a fulfilling life, start using the tools provided in this book to open your life to new possibilities.

How did you do? Whatever your score, remember what a good friend of mine says: “We will be doing forgiveness work until the last breath.” As I said, forgiveness is simple, but it isn't always easy.

Throughout these pages, you will read more about my personal story and more about my clients, all of whom have gone through the 3Fs process. You will learn how you too can experience the same level of profound healing that I, Joseph, Johnny and many others have experienced.

Even if you have found forgiveness impossible so far in your life, you *can* learn to forgive. It's your choice... You can continue to blame yourself, your life circumstances and others, or you can work through the F**k It! phase to release your emotional pain so that you

can move on to the Full-Spectrum Forgiving phase, and then on to the Freedom phase and your own liberation!

“When we are willing to experience the power of forgiveness, we are close to our own divinity, to the essence of love – closer to who we really are.”

