



## Enright Self-Forgiveness Inventory

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## Introduction

We have developed the **Enright Self-Forgiveness Inventory (ESFI)** based on the philosophical understanding that forgiveness is a moral virtue. As one can practice all other virtues such as justice, kindness, and gentleness toward the self, our contention is forgiveness should not be an exception. Therefore, self-forgiveness is best seen as the same virtue of forgiveness practiced toward the self, resembling the internal structure of forgiveness with six domains [i.e., positive affect (PA), negative affect (NA), positive cognition (PC), negative cognition (NC), positive behavior (PB), and negative behavior (NB)].

### **A formal definition of self-forgiveness is:**

***People, on rationally determining that they have offended themselves by violating their sense of justice, self-forgive when they willfully abandon self-resentment and related responses (which begin as natural reactions when the violation of justice is acknowledged but can turn into toxic self-loathing) and endeavor to respond to themselves based on the moral principle of beneficence, which may include compassion, unconditional worth, generosity, and moral love.*** (Kim, Volk, & Enright, 2021)

All interested in the virtue of self-forgiveness would be wise to tend to the issue of pseudo self-forgiveness (PSF). In succinct, PSF is a disingenuous form of self-forgiveness marked by self-excusing or self-exonerating without acknowledging and taking responsibility for the objective wrong committed.

Following the precedent of one of the most widely used measure of forgiveness of others, the Enright Forgiveness Inventory (Subkoviak et al., 1995), we have developed a 30-item scale with six subscales with five items each that measures one's forgiving response to the self in the context of one specific wrongdoing committed. Also, five additional items at the end of the scale allow us to measure pseudo self-forgiveness (PSF).

The ESFI has sound psychometric properties with an adequate factor structure (6 x 1 bifactor), internal consistency reliability, and construct validity (criterion, discriminant, and convergent validities). Check Kim et al. (2021) for the detailed report on a series of four studies conducted in developing and validating the ESFI.

## Scoring Instructions

In ESFI, the first 30 items are rated on a Likert scale of 1 (*Strongly Disagree*) – 6 (*Strongly Agree*). Prior to calculating the total score, all 15 negative items (5 NA, 5 NB, and 5 NC items) should be reversed coded by replacing a score of 1 with a score 6, a score of 2 with a score of 5, and so on. All 15 reversed items are as follows: NA5 “unloving,” NA6 “repulsed,” NA7 “resentment,” NA8 “dislike,” NA10 “bitter,” NB13 “eat irresponsibly,” NB15 “ignore personal needs,” NB17 “treat poorly,” NB19 “punish,” NB20 “hurt,” NC21 “wretched,” NC22 “evil,” NC23 “horrible,” NC26 “dreadful,” and NC28 “worthless.” The total ESFI score can range from 30 to 180 with high scores indicating high self-forgiveness.

The final 5 items in ESFI comprise the total pseudo self-forgiveness (PSF) score, which is rated on the same 6-point rating scale without any reversed items. It can range from 5 to 30 with high scores indicating high pseudo self-forgiveness. We suggest removing anyone with a score of 20 or higher from analysis. For intervention studies, pseudo self-forgiveness is not expected to be high at the pre-intervention or to increase from the pre- to the post-intervention (as true self-forgivers begin the process of self-forgiveness with an understanding that they have done something wrong and ought to experience positive changes toward the self without ever downplaying their culpability for wrongdoing).

## References

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- Kim, J. J., Volk, F., & Enright, R. D. (2021). The validation of the Enright Self-Forgiveness Inventory. *Current Psychology*. Advanced online publication. doi: 10.1007/s12144-020-01248-4
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# ENRIGHT SELF-FORGIVENESS INVENTORY

## Attitude Toward Self Scale

Name: \_\_\_\_\_ Date: \_\_\_\_\_

We sometimes violate our own sense of justice and subsequently develop resentment or hatred toward ourselves. We will call that violation of one's own sense of justice "self-offense." We ask you now to think of the most recent experience of self-offense that made you feel regretful and disappointed in yourself. For a few moments, visualize in your mind that specific self-offense. Try to remember what you did and experience what happened.

**1. How serious was that self-offense that you committed?** (circle one)

Not serious at all   A little serious   Somewhat serious   Very serious   Gravelly serious

**2. Did the self-offense involve another person?**

Yes   No

If you answered "Yes" go to item 3; if you answered "No" skip to item 5.

**3. Please specify that person without giving his/her name.**

\_\_\_\_\_ (e.g., spouse, parent, employer, friend, God, colleague, etc.)

**4. Is the person living?**

Yes   No

**5. How long ago was the self-offense?** (Please write in the number of days, weeks, etc.)

\_\_\_\_\_ days ago

\_\_\_\_\_ weeks ago

\_\_\_\_\_ months ago

\_\_\_\_\_ years ago

**6. Please briefly describe what you did when you offended yourself.**

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Now, please answer a series of questions about your personal attitudes toward yourself. We do not want your rating of past attitudes, but your ratings of attitudes right now. All responses are confidential so please answer honestly. **Thank you.**

This set of items deals with your current **feelings** or **emotions** right now toward yourself. Try to assess your actual **feeling** on each item. For each item, please check the appropriate number matching your level of agreement that **best** describes your current feeling. Please do not skip any item. **Thank you.**

I feel \_\_\_\_\_ toward myself.

(Place each word in the blank when answering each item.)

I feel. . .	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
1 warm	1	2	3	4	5	6
2 kindness	1	2	3	4	5	6
3 happy	1	2	3	4	5	6
4 positive	1	2	3	4	5	6
5 unloving	1	2	3	4	5	6
6 repulsed	1	2	3	4	5	6
7 resentment	1	2	3	4	5	6
8 dislike	1	2	3	4	5	6
9 caring	1	2	3	4	5	6
10 bitter	1	2	3	4	5	6

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This next set of items deals with your current **behavior** toward yourself. Consider how you **do act** or **would act** toward yourself in answering the questions. For each item, please check the appropriate number matching your level of agreement that **best** describes your current behavior or probable behavior. Please do not skip any items. **Thank you.**

Regarding my own behavior toward myself, **I do or would** \_\_\_\_\_.  
(Place each word in the blank when answering each item.)

<b>I do or would. . .</b>	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Slightly Disagree</b>	<b>Slightly Agree</b>	<b>Agree</b>	<b>Strongly Agree</b>
11 keep good hygiene	1	2	3	4	5	6
12 avoid health risks	1	2	3	4	5	6
13 eat irresponsibly	1	2	3	4	5	6
14 try to stay physically fit	1	2	3	4	5	6
15 ignore personal needs	1	2	3	4	5	6
16 pay attention to stress symptoms	1	2	3	4	5	6
17 treat poorly	1	2	3	4	5	6
18 care for own well-being	1	2	3	4	5	6
19 punish	1	2	3	4	5	6
20 hurt	1	2	3	4	5	6

This set of items deals with how you currently **think** about yourself. Think about the kinds of thoughts that occupy your **mind** right **now** regarding who you are. For each item please check the appropriate number matching your level of agreement that **best** describes your current thinking. Please do not skip any item. Thank you.

**I think I am \_\_\_\_\_.**

(Place each word or phrase in the blank when answering each item).

<b>I think I am. . .</b>	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Slightly Disagree</b>	<b>Slightly Agree</b>	<b>Agree</b>	<b>Strongly Agree</b>
21 wretched	1	2	3	4	5	6
22 evil	1	2	3	4	5	6
23 horrible	1	2	3	4	5	6
24 of good quality	1	2	3	4	5	6
25 worthy of respect	1	2	3	4	5	6
26 dreadful	1	2	3	4	5	6
27 loving	1	2	3	4	5	6
28 worthless	1	2	3	4	5	6
29 nice	1	2	3	4	5	6
30 a good person	1	2	3	4	5	6

Finally, in thinking through your attitudes toward yourself and self-offense, please consider the following statements:

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Slightly Disagree</b>	<b>Slightly Agree</b>	<b>Agree</b>	<b>Strongly Agree</b>
31 There really was no problem now that I think about it.	1	2	3	4	5	6
32 I was never bothered by what I did.	1	2	3	4	5	6
33 I do not feel responsible for what I did.	1	2	3	4	5	6
34 I did not feel any remorse.	1	2	3	4	5	6
35 What I did was fair, and no justice was violated.	1	2	3	4	5	6

