

**EFI-30 - Attitude Scale**

We are sometimes hurt by people, whether in family, friendship, school, work or other situations. We ask you to think of the **most recent experience** of someone hurting you **unfairly** and **deeply**. For a few moments, visualize in your mind the events of that interaction. Try to see **the person** and try to experience what happened. Now, please, answer the following questions about that event. (Mark an X in your answer).

How deeply were you hurt when the incident occurred?

- No hurt       A little hurt       Some hurt       Much hurt       A great deal of hurt

Who hurt you?

- Child                               Spouse                               Relative  
 Friend of the same sex       Friend of the opposite sex       Employer  
 Other, please, specify: \_\_\_\_\_ .

Is the person living?  Yes  No

How long ago was the offense?

- Days (less than a week)               Weeks ago (less than a month)  
 Months ago (less than a year)       Years ago

Please, briefly describe the offense:

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Now, please answer a series of questions about your current attitude toward the person. 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 the person. Try to assess your actual **feeling** for the person on each item. For each item please check the appropriate line that best describes your current feeling. Please, do not skip any item. Thank you!

I feel \_\_\_\_\_ toward him/her. (Think about each word filling this sentence when answering each item).

	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
1. Warm	1	2	3	4	5	6
2. Tender	1	2	3	4	5	6
3. Unloving	1	2	3	4	5	6
4. Repulsed	1	2	3	4	5	6
5. Cold	1	2	3	4	5	6
6. Dislike	1	2	3	4	5	6
7. Caring	1	2	3	4	5	6
8. Affection	1	2	3	4	5	6
9. Friendly	1	2	3	4	5	6
10. Disgust	1	2	3	4	5	6

**Please, continue on next page.**

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

Regarding the person, I do or would \_\_\_\_\_. (Think about each word or phrase filling this sentence when answering each item).

	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
11. Show friendship	1	2	3	4	5	6
12. Avoid	1	2	3	4	5	6
13. Ignore	1	2	3	4	5	6
14. Neglect	1	2	3	4	5	6
15. Not attend to him/her	1	2	3	4	5	6
16. Lend him/her a hand	1	2	3	4	5	6
17. Establish good relations with him/her	1	2	3	4	5	6
18. Stay away	1	2	3	4	5	6
19. Do a favor	1	2	3	4	5	6
20. Aid him/her when in trouble	1	2	3	4	5	6

**Please, continue on next page.**

This set of items deals with how you **currently think** about the person. Reflect on the kinds of thoughts that occupy your **mind right now** regarding the particular person. For each item please check the appropriate line that **best** describes your current thinking. Please, do not skip any items. Thank you!

I think he or she is \_\_\_\_\_. (Think about each word or phrase filling this sentence when answering each item)

	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
21. Horrible	1	2	3	4	5	6
22. Of good quality	1	2	3	4	5	6
23. Dreadful	1	2	3	4	5	6
24. Worthless	1	2	3	4	5	6
25. A good person	1	2	3	4	5	6
26. A bad person	1	2	3	4	5	6

Regarding this person I \_\_\_\_\_. (Think about each word or phrase filling this sentence when answering each item)

27. Wish him/her well	1	2	3	4	5	6
28. Disapprove of him/her	1	2	3	4	5	6
29. Think favorably of him/her	1	2	3	4	5	6
30. Hope he/she succeeds	1	2	3	4	5	6

**Please, continue on next page.**

In thinking through the person and event you just rated, please consider the following final questions:

	Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
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 happened.	1	2	3	4	5	6
33. The person was not wrong in what he or she did to me.	1	2	3	4	5	6
34. My feelings were never hurt.	1	2	3	4	5	6
35. What the person did was fair.	1	2	3	4	5	6

We have one final question:

To what extent have you forgiven the person you rated on the **Attitude Scale**? (Mark an X in your answer).

      
(1)  
No et al

      
(2)

      
(3)  
In progress

      
(4)

      
(5)  
Complete  
Forgiveness

**Thank you!**