

EFI - 30 ANSWER KEY

The EFI-30 is composed of a front page, six independent scales, a pseudo-forgiveness scale and a forgiveness item. In the front page, instructions should accommodate particular counseling or research interest with a particular kind of sample. The measure has a nonspecific set of instruction that is:

“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.”

However, counselors or researchers assessing specific situations, for example, forgiveness in the partnering relationship, they might consider the following wording as instructions:

“We are sometimes hurt by people, whether in family, friendship, school, work or other situations. We ask you now to think of one particular situation in which **your partner** hurt you the most **unfairly** and **deeply**. For a few moments, visualize in your mind once again the events of that interaction. Try to see your partner and try to experience what happened.”

As another example, if counselors or researchers are assessing Adverse Childhood Experiences, they might consider the following wording:

“We are sometimes hurt by people, whether in family, friendship, school, work or other situations. We ask you now to think of **the one person** who hurt you the most **unfairly** and **deeply when you were a child**. For a few moments, visualize in your mind once again the events of that interaction. Try to see the person and try to experience what happened.”

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Following, one has the EFI six independent and objective scales: positive affect, negative affect, positive behavior, negative behavior, positive judgment, negative judgment. One should reverse the negative items into positives to compute each scale score. Then, add the scores to obtain the total score of Affect, Behavior and Cognition. Finally, one can compute the EFI-30 Total Score by adding the three scales scores.

The Forgiveness Item is an independent scale for convergent construct validation. Scores range from 1 (minimum) to 5 (maximum).

Pseudo-Forgiveness items (31, 32, 33, 34, 35) are for internal validation of the EFI-30. Researchers should eliminate the EFI from a study if the Pseudo-Forgiveness score is 20 or higher. Clinicians might consider the information. Nevertheless, notice that **the Pseudo-Forgiveness score is not included** in the scores of the EFI-30.

Scores Rating

Scales	Items	Positive & Negative Scores	Total Score (A + B)
A. Positive Affect	1, 2, 7, 8, 9	A. _____	
B. Negative Affect (reversed)	3, 4, 5, 6, 10	B. _____	
1. Total Affect	1 – 10	A + B (write here) →	1. _____
C. Positive Behavior	11, 16, 17, 19, 20	C. _____	
D. Negative Behavior (reversed)	12, 13, 14, 15, 18	D. _____	
2. Total Behavior	11 – 20	C + D (write here)→	2. _____
E. Positive Cognition	22, 25, 27, 29, 30	E. _____	
F. Negative Cognition (reversed)	21, 23, 24, 26, 28	F. _____	
3. Total Cognition	21 – 30	E + F (write here)→	3. _____
4. TOTAL EFI-SF	1 – 30	1 + 2+ 3 (write here) →	4. _____

1-Item Forgiveness Score: _____

Pseudo-Forgiveness Score: _____ (Researchers should eliminate the Attitude Scale from a study if the pseudo-forgiveness score is 20 or higher or consider the score for clinical purposes.)