

Differentiated Process Scale of Self-forgiveness. (DPSF; Woodyatt & Wenzel, JCSP, 2013).

Instructions for autobiographical recall of recent transgressions:

This study is about how people respond after they have committed an offence or transgression against another person. This includes hurting, offending or doing wrong by another person, treating them unfairly, or leaving them feeling hurt. The person may or may not be aware of what you have done. It can be a minor or serious transgression. It could include something minor like embarrassing another person in public or something more serious like cheating on your partner.

The questions you are going to answer are about how you feel and what you think right at this point in time. There is no right or wrong answer. Answer as honestly as you can about how you feel right now.

For all items mark the extent to which you agree or disagree with the following statements; 1 = completely disagree; 2 = mostly disagree; 3 = somewhat disagree; 4 = neither agree nor disagree; 5 = somewhat agree, 6 = mostly agree; 7 = completely agree. Means of each subscale are used in the JSCP paper.

Differentiated Process Scale of Self-forgiveness

Response Type	Item
Self Punitive	What I have done is unforgiveable (SP1)
	I can't seem to get over what I have done (SP2)
	I deserve to suffer for what I have done (SP3)
	I feel like I can't look myself in the eye (SP4)
	I want to punish myself for what I have done (SP5)
	I keep going over what I have done in my head (SP6)
	I don't understand why I behaved as I did (SP7)
Pseudo Self-forgiveness	I feel the other person got what they deserved (PS1)
	I wasn't the only one to blame for what happened (PS2)
	I think the other person was really to blame for what I did (PS3)
	I feel what happened was my fault (Reverse coded PS4)
	I feel angry about the way I have been treated (PS5)
	I'm not really sure whether what I did was wrong (PS6)
Genuine Self-forgiveness	I have tried to think through why I did what I did (GS1)
	I am trying to learn from my wrongdoing (GS2)
	I have spent time working through my guilt (GS3)
	I have put energy into processing my wrongdoing (GS4)
	I am trying to accept myself even with my failures (GS5)
	Since committing the offence I have tried to change (GS6)
	I don't take what I have done lightly (GS7)