

## EXPANDING A FORGIVENESS LIST

These are questions for the discipler to ask to help gather data to assist a disciple in forgiving an offender. Encourage the disciple to give specific examples regarding relevant questions. **You may need to put these questions in the past tense as well.**

1. Is he/she a godly role model to you?
2. Is he/she negative, critical?
3. Is he/she a controlling person
  - a. blatantly, by using bribes, intimidating, nagging and/or begging?
  - b. subtly, by using manipulation, whining, withholding affection, and/or using the silent treatment?
4. Is he/she physically abusive?
5. Is he/she sexually abusive?
6. Is he/she controlled by fear?
7. Is he/she self-pitying?
8. Is he/she drug or alcohol dependent? (drunkard or drunkenness)
9. Is he/she involved in adultery, pornography, pattern of lusting and/or masturbation, or other sexual deviation?
10. Is he/she a perfectionist?
11. Is he/she demanding, rigid, unyielding?
12. Is he/she warm, understanding, approachable?
13. Is he/she committed to you?
14. Is he/she overly sensitive to criticism?
15. Is he/she lovingly demonstrative or not?
16. Is he/she selfish, self-centered?
17. Is he/she disrespectful?
18. Is he/she a poor role model of a husband/wife, father/mother?

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19. Is he/she a good listener?
20. Is he/she a braggart, egotistical, calls attention to self?
21. Is he/she moody or depressed?
22. Is he/she a hypocrite?
23. Is he/she suppressing or denying the reality of circumstances or his/her sin?
24. Is he/she a people pleaser?
25. Is he/she approachable to discuss your problems?
26. Is he/she legalistic, rigid?
27. Does he/she encourage and praise your efforts?
28. Does he/she allow you to fail without great condemnation?
29. Does he/she accept you for who you are?
30. Does he/she love you unconditionally?
31. Does he/she reject you?
32. Does he/she have uncontrolled anger, resentment, bitterness?
33. Does he/she excuse his/her own sin?
34. Does he/she hide behind an image?
35. Does he/she embarrass you? How?
36. Does he/she seek forgiveness when he/she wrongs you?
37. Does he/she forgive you for your sins?
38. Does he/she have unreasonable expectations?
39. Does he/she share love verbally?
40. Does he/she treat you in a loving way?
41. Does he/she work to build the relationship?
42. Does he/she demand that circumstances and people meet his/her expectations?

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43. Does he/she cut down or ridicule you in front of others?
44. Does he/she have regular devotional time with the Lord?
45. Does he/she seek God's will through prayer and God's Word?
46. Does he/she avoid spending time with you by being overly involved with work, sinful or excessive habits, other people, etc.?
47. Does he/she use a disrespectful tone or sarcasm when communicating?
48. Does he/she call you names and/or swear at you?
49. Does he/she blame you or others for their sin or difficult circumstances?
50. Does he/she lack a sense of humor?
51. Is he/she submissive to human authority?
52. Does he/she admonish you in love?
53. Does he/she avoid or ignore problems?
54. Is he/she prideful and arrogant?