



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

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41. Does he/she work to build the relationship?
42. Does he/she demand that circumstances and people meet his/her expectations?
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?