



# FORGIVENESS CHECKLIST



Check the characteristics which apply to the person you are forgiving.

## Relating sinfully to God

- Not believing and trusting God by thinking there is a better way than obeying Him  
(This is the root cause of all sin) (Prov. 14: 12)
- Being unwilling to receive love from God
- Putting stipulations on obedience to God; trying to bargain with Him
- Lacking love for and involvement with God
- Substituting another seemingly right behavior to avoid what God really wants them to do
- Twisting, ignoring and/or not studying God's Word
- Unwilling to sacrifice time, inconvenience, energy for Gods '/others' sakes
- Unwilling to surrender to the Lord's direction...too difficult
- Unwilling to give up something that God asks them to give up
- Unwilling to suffer for Christ's sake
- Unwilling to sacrifice or take risks for Christ's sake
- Getting angry with God because of having to reap the consequences sin
- Being angry toward and lacking acceptance of God's individual plan and will for his/her life
- Having wrong/unbiblical priorities
- Refusing to get serious about forsaking my sin
- Being complacent, apathetic, and/or giving up on their relationship with God
- Hardening their heart against God and/or being angry at Him
- Not turning to Christ for salvation

## Having an unbiblical view of God

- Believing God does not love and accept them unconditionally
- Not trusting God to be their major source of security, fulfillment and purpose
- Not believing that God can empower them to go through human rejection while being secure in His love and that He can sustain them emotionally when others fail them
- Believing God does not love them because He doesn't give them what they want

## Relating sinfully to others

- Disobeying the human authority under whom God placed them
- Unwilling to seek forgiveness of those against whom they have sinned
- Unwilling to forgive those who offend them; carrying grudges
- Being selfish, self-centered, self-absorbed, self-focused, self-protective
- Wanting to be served rather than to serve
- Blaming others or focusing on others' sins rather than their own
- Wanting to protect my reputation
- Being intolerant, disdainful, judgmental; being negative and critical
- Being irresponsible and/or lazy; procrastinating
- Being self-pitying; grumbling, whining and complaining frequently
- Enabling and supporting the sins of others
- Rescuing, intervening to protect others from the consequences of their sins
- Being a "fixer" or "savior"; believing they can fix or save others from their foolishness
- Unwilling to risk rejection of people for the cause of Christ
- Having a sinful dependency on others
- Wanting others to be dependent on them
- Being jealous or possessive in relationships
- Lying and deceiving
- Controlling conversations; talking too much
- Being a poor listener
- Being sarcastic; being very timid, shy
- Being a crisis-causer
- Being aggressive; intimidating
- Being obnoxious
- Having difficulty forming and/or maintaining close, meaningful relationships
- Alienating people through sinful attitudes and behaviors
- Not loving and accepting others unconditionally; requiring them to perform to receive love
- Being overly sensitive and easily hurt by how people interact with them
- Not sharing the gospel
- Rejecting others before they reject them

- \_\_\_ Exchanging marriage roles: wife makes the decisions and husband submits
- \_\_\_ Being a perfectionist in their demands of self and/or others
- \_\_\_ Fearing loving others; fearing being loved by others; fearing being hurt by others
- \_\_\_ Being nasty, contentious
- \_\_\_ Unwilling to repent of sinful attitudes before they compound into depression
- \_\_\_ Believing people exist to make them happy and content
- \_\_\_ Setting expectations of how others are to love them and getting angry when not met
- \_\_\_ Lacking a sense of humor
- \_\_\_ Believing they don't need intimate relationships; self-sufficient
- \_\_\_ Gossiping
- \_\_\_ Being impatient
- \_\_\_ Having "tunnel vision"; believing their way is the only way
- \_\_\_ Influencing others to have sinful attitudes and behaviors; enticing others to sin
- \_\_\_ Deadening or hardening their heart against others; numbing myself

**Fearing their sins and weaknesses will be exposed;**

- \_\_\_ Unwilling to acknowledge their sin to God and to others
- \_\_\_ Hiding behind an "image" (being a different person at home than when outside my home) \_\_\_
- \_\_\_ Maintaining superficial relationships, so no one gets to know them well
- \_\_\_ Equating criticism with rejection
- \_\_\_ Being very defensive when confronted
- \_\_\_ Running from, ignoring anyone who tries to penetrate their "wall" or who sees through them
- \_\_\_ Not being teachable
- \_\_\_ Unwilling to be vulnerable and/or accountable to fellow Christians or Christian authorities to deal with their sin
- \_\_\_ Discrediting or finding fault with those who admonish them
- \_\_\_ Unwilling to seek/biblical advice or counsel when making important decisions

**Trying to control others by**

- \_\_\_ Being Intimidating
- \_\_\_ Using "guilt trips" to manipulate them
- \_\_\_ Being a martyr or a victim: self-pitying, whining, crying

- \_\_\_ Manipulating
- \_\_\_ Bribing
- \_\_\_ Having temper outbursts
- \_\_\_ Trying to change them
- \_\_\_ Withdrawing emotionally/physically to punish and/or to protect themselves from being hurt
- \_\_\_ Being demanding
- \_\_\_ Being stern, dictatorial, harsh
- \_\_\_ Being verbally abusive or physically abusive
- \_\_\_ Attempting to kill themselves
- \_\_\_ Repaying evil for evil; retaliating
- \_\_\_ Verbalizing physical threats; other threats: i.e. divorce, suicide, retaliation
- \_\_\_ Attempting to convince others of their opinions rather than speaking the truth in love and releasing the outcome to God's sovereign control
- \_\_\_ Using intellect and logic to convince others or to formulate overwhelming arguments
- \_\_\_ Belittling others' viewpoints; not seeking to hear or understand others' points of view
- \_\_\_ Having a "win-lose" perspective when expressing opinions
- \_\_\_ Viewing themselves as a "failure," "reject," "victim," or "martyr"

### **Being a people-pleaser rather than a God-pleaser**

- \_\_\_ Believing it is their role to make others happy; to please them
- \_\_\_ "Giving" by trying to please others with a hidden purpose of getting what they want
- \_\_\_ Seeking acceptance, love by pleasing themselves/others rather than God
- \_\_\_ Minimizing or ignoring present or potential problems; allowing problems to compound
- \_\_\_ Unwilling to admonish in love those who need to hear it
- \_\_\_ Ignoring, minimizing, excusing others' sins; seeing them through rose-colored glasses
- \_\_\_ Unwilling to make difficult decisions
- \_\_\_ Unwilling to say "no" to someone else's requests when it means getting their own priorities out of order and/or breaking prior commitments
- \_\_\_ Suppressing or ignoring painful realities
- \_\_\_ Being a "chameleon;" acting one way with some people and differently with others
- \_\_\_ Making promises and breaking them
- \_\_\_ Forgetting things that are important to others

- \_\_\_ Keeping the peace at all costs; not “rocking the boat”
- \_\_\_ Fearing expressing opinions
- \_\_\_ Being controlled by other’s intimidation rather than being under the control of the Holy Spirit

**Striving for others’ approval, affirmation, love, acceptance**

- \_\_\_ Seeking to draw attention to themselves; being the “center of attention”
- \_\_\_ Being promiscuous
- \_\_\_ Being a braggart; arrogant
- \_\_\_ Being flirtatious
- \_\_\_ Dressing provocatively to call attention to their body
- \_\_\_ Compromising, making unbiblical decisions
- \_\_\_ Being a “clown”; making “light” of serious situations
- \_\_\_ Being a “know-it-all”
- \_\_\_ Expecting praise, admiration, respect, etc. of others and being self-pitying or angry when it is not received

**Comparing themselves to others and thereby, feeling superior or inferior**

- \_\_\_ Being concerned and/or preoccupied with developing self-esteem
- \_\_\_ Analyzing frequently how others are relating, responding to them
- \_\_\_ Being very self-conscious: about their appearance, what they say, how others view them
- \_\_\_ Focusing on their inadequacies rather than seeking their adequacy in Christ
- \_\_\_ “Rating” people as inferior or superior to them
- \_\_\_ Being jealous, envious, discontent
- \_\_\_ Having a haughty, judgmental attitude toward others
- \_\_\_ Focusing on low self-esteem, which is self-centeredness
- \_\_\_ Focusing on or seeking to build their self-esteem or their self-identity while not believing their identity in Christ
- \_\_\_ Spending great amounts of time focusing on their own problems, failures and/or inadequacies (self-centeredness), rather than seeking and implementing biblical solutions

**Escaping rather than spending time developing meaningful relationships with God and others**

- \_\_\_ Escaping reality, commitment or responsibility by indulging in excessive behaviors
- \_\_\_ Retreating into fantasy to avoid facing painful realities
- \_\_\_ Reading or watching pornography; involvement with sexually explicit material
- \_\_\_ Spending excessive time: watching TV, reading, working, eating, sleeping, etc.;
- \_\_\_ Spending excessive time with: sports, hobbies, ministry, computers, video games, etc.
- \_\_\_ Escaping with irresponsible behaviors: use of illegal drugs, drunkenness, illicit sex, laziness, violence, greediness, gluttony, unbiblical divorce, adultery, suicide, etc.
- \_\_\_ Escaping by trying to kill themselves

**Others...**

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