Forgiveness interventions: The importance of assessing forgiveness-seeking behaviors.

A broad range of studies have highlighted the benefits of forgiveness interventions in clinical and counseling contexts. This research has focused mostly on the phenomenon of granting forgiveness while the process of seeking forgiveness has received much less attention.Moreover, *r*esearch on the dark side of forgiveness indicates that forgiving sometimes can be countereffective, increasing the likelihood of reoffending and/or leading to a decrease in self-concept and self-respect in the victim.

The aim of this research is to develop an instrument to evaluate various repair-seeking behaviors. 450 subjects responded to the Forgiveness seeking inventory developed for this study, Forgiveness 8TRIM-189, and Offense Characteristics questionnaire.

The results of our study provide initial evidence that the RERS-Q is a reliable and valid tool to measure the behaviors that offenders might use when they seek forgiveness. The factor structure is congruent with the hypothesized four factor solution: Apologies, Restorative action, Relational maintenance and Diverting behaviors. The relations with the TRIM-18 and the Offense characteristics are in the expected directions. This study provides an instrument that can be extremely useful in work in relational transgressions because it assesses the offender's different behavior patterns which are particularly relevant for avoiding re-offending and for helping re-establish a relationship that is positive and healthy.