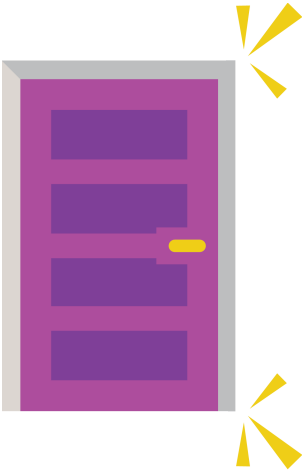
essarily a bad thing, as long as it is not revengeful. If a murderer goes to jail, that is because our society has rules that must be followed to have a healthy, safe society. To send someone to jail for the crime is appropriate, but to wish that they were beaten or murdered in prison, is vengeful. If the offense is less than murder and you think the person is unhealthy, abusive, dangerous, or really irritating, it is not revenge to have healthy boundaries.

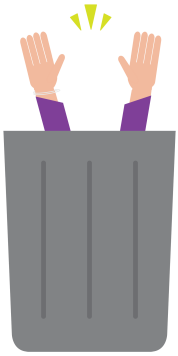


The Once and You're Done Non-Forgiver

If you are a Once and You're Done type, you are very protective of your heart. If people do something to you that you feel is wrong, immoral, or criminal, you can never trust them again. Sometimes you do not even bother telling them why you do not want them in your life. You like your life less complicated. It is easier to just be done with the people who hurt you.

Life is full of difficult people with chaotic lives. If you cut all of the difficult people out of your life, you won't have many people left. We all mess up, some more than others, and to different degrees. Yes, you can have healthy boundaries from negative people and situations without slicing all of them out of your life. We all deserve second chances!

Next time you are ready to shut someone out of your life, ask yourself if you are only doing this because it is easier and because you are protecting yourself from further pain. Examine the situation more closely. The relationship with this person might be worth saving.



A Once and You're Done Non-Forgiver will throw away people without ever giving them a chance to make amends. If the person is someone who has hurt you, you will still carry the pain even if you have tossed them away.

Applying the Results

The results of the quiz are intended to help you better understand how you approach and manage forgiveness in your life. It is not to say that you can't change over time, but more important that you think about your inner feelings and current frame of mind as it relates to forgiveness and your personality.

YOUR THOUGHTS: