Forgiveness Score Calculator User Guide

Introduction

The **Forgiveness Score Calculator** is an interactive web application designed to help you assess your current level of forgiveness by considering various positive and negative factors. By adjusting sliders and input fields, you can personalize the factors based on your experiences and emotions. The calculator provides a forgiveness score percentage along with detailed recommendations to improve your forgiveness journey.

Getting Started

Accessing the Application

1. **Open the Application:**

   - Locate the `index.html` file in your project directory.
   - Open the file using a modern web browser (e.g., Chrome, Firefox, Safari, or Edge).
   - *Note:* Ensure that the `styles.css` and `script.js` files are in the same directory as `index.html` or correctly linked.

Understanding the Interface

The application interface is divided into several key sections:

1. **Header:**

   - Displays the title **"Forgiveness Score Calculator"**.
   - Provides brief instructions on using the sliders and input fields.

2. **Main Content:**

   - **Positive Factors Column (Left Side):**
     - Contains factors that contribute positively to forgiveness.
   - **Negative Factors Column (Right Side):**
     - Contains factors that may hinder forgiveness.

3. **Compute Button:**

   - The **"Compute Forgiveness Score"** button located below the factors.

4. **Results Section:**

   - Displays your forgiveness score percentage.
   - Provides an interpretation of your score.
   - Includes a detailed report with recommendations.

Using the Calculator

1. Adjusting Factors

Each factor consists of:

- **Label and Tooltip:**
  - The factor's name and a brief description (hover over the icon).

- **Value Slider and Input:**
  - **Slider:** Adjusts the intensity or presence of the factor on a scale from 0 to 10.
  - **Number Input:** You can type a specific value if preferred.

- **Weight Slider and Input:**
  - **Slider:** Adjusts the importance or impact of the factor on a scale from 0 to 1.
  - **Number Input:** You can type a specific weight if preferred.

Steps to Adjust Factors:

1. **Identify the Factor:**
   - Review the factor's name and description to understand its relevance to you.

2. **Set the Value:**
   - **Use the Slider:**
     - Click and drag the slider handle to adjust the value.
     - The current value is displayed in a tooltip above the slider and updated in the number input.
   - **Or Enter a Number:**
     - Click the number input field next to the slider.
     - Type a value between **0** (not present) and **10** (strongly present).

3. **Set the Weight:**
   - **Use the Slider:**
     - Adjust the slider to set how much this factor should influence your score.
     - The weight ranges from **0** (no influence) to **1** (full influence).
   - **Or Enter a Number:**
     - Type a weight value between **0** and **1** in the number input field.

4. **Repeat for Each Factor:**
   - Go through all the positive and negative factors, adjusting values and weights according to your personal assessment.

2. Computing Your Forgiveness Score

Once you've adjusted all the factors:

1. **Click the Compute Button:**

   - Locate the **"Compute Forgiveness Score"** button below the factors.
   - Click the button to calculate your score.

2. **View Your Results:**

   - The **Results Section** will display:
     - **Forgiveness Score Percentage:** Shows your overall forgiveness level.
     - **Score Interpretation:** Provides a brief insight into your score (e.g., high, moderate, or low level of forgiveness).

Understanding Your Results

1. Forgiveness Score Percentage

- **Score Range:** 0% to 100%.

- **Interpretation:**

  - **80% to 100%:** High level of forgiveness.
  - **50% to 79%:** Moderate level of forgiveness.
  - **Below 50%:** Low level of forgiveness.

2. Detailed Report

After computing your score, a **Detailed Report** is generated, which includes:

- **Summary:**

  - Reiterates your forgiveness score percentage.

- **Recommendations to Improve Your Forgiveness Score:**

  - **Top Negative Factors to Reduce:**
    * Lists up to three negative factors that most significantly impact your score.
    * Provides specific advice on how to address each factor.
  - **Top Positive Factors to Enhance:**
    * Lists up to three positive factors that could be improved.
    * Offers suggestions to strengthen these factors.

Tips for Using the Calculator

- **Be Honest with Yourself:**
  - For the most accurate assessment, reflect deeply on each factor and how it applies to you.

- **Adjusting Factors Over Time:**
  - Revisit the calculator periodically to track your progress in forgiveness.

- **Understanding Values and Weights:**
  - **Values:** Represent the degree to which each factor is present in your life.
  - **Weights:** Indicate how important each factor is to your overall forgiveness.

- **Use the Recommendations:**
  - Consider implementing the advice provided to enhance your forgiveness journey.

Additional Information

- **Tooltips for Guidance:**
  - Hover over the icon next to each factor to read a brief description.

- **Responsive Design:**
  - The application is designed to work on various screen sizes, including tablets and smartphones.

- **No Data Storage:**
  - Your inputs are not stored or transmitted; they remain in your browser session.

Conclusion

The Forgiveness Score Calculator is a personal tool to help you understand and improve your capacity for forgiveness. By thoughtfully engaging with each factor and considering the recommendations, you can take meaningful steps toward personal growth and emotional well-being.

Enjoy your journey toward greater forgiveness and peace. If you have any questions or need further assistance, feel free to reach out!