

The Post Traumatic Growth Inventory

When taking the test below, score each question from 0 to 4 according to the following:

No change occurred following my crisis = **0**

A small change was experienced = **1**

A moderate change happened = **2**

A great change occurred = **3**

A very great change happened = **4**

Determine your 1 to 5 score for each of the 20 questions below.

1. I changed my priorities about what is important in life. ()
2. I have greater appreciation for the value of my own life. ()
3. I have developed new interests. ()
4. I have a greater feeling of self-reliance. ()
5. I have a more supportive understanding of spiritual matters. ()
6. I see that I can count on other people in times of trouble. ()
7. I have established new paths for my life. ()
8. I have a greater sense of closeness with others. ()
9. I am better able to express my emotions. ()
10. I now know I can handle difficult life situations. ()
11. I believe that I can do better things with my life. ()
12. I can now better accept the way things work out. ()

13. I now have a heightened appreciation for each day. ()
14. New opportunities have opened up for me. ()
15. I have more compassion now for others. ()
16. I am putting more effort into my relationships. ()
17. I have a stronger religious faith. ()
18. I have discovered that I am stronger than I thought I was. ()
19. I am better at accepting the needs of others. ()
20. I am more likely to change things in my life that need changing. ()
21. I am more inclined to be of service to others. ()
22. My prayers and meditations are more meaningful to me. ()
23. I feel a stronger loyalty and love for my country. ()
24. I have a greater appreciation of the importance of mercy and forgiveness. ()
25. My personal relationships have become stronger. ()

CALCULATE YOUR TOTAL SCORES FOR THE FOLLOWING:

Relationships to Others: Your total score for questions: 6, 8, 9, 15, 16, 20, & 25 = _____(28)

New Life Possibilities: Your total score for questions: 3, 7, 11, 14, 17, & 21 = _____ (24)

Personal Strength Growth: Your total score for questions: 4, 10, 12, 19, & 24 = _____(20)

Spiritual Change: Your total score for questions: 5, 18, & 22 = _____(12)

Appreciation of Life: Your total score for questions: 1, 2, 13, & 23 = _____(16)

Adapted from Tedeschi, R.G., Lawrence, G.C., Journal of Traumatic Stress, Vol. 9, No. 3, 1996