

# Posttraumatic Growth Inventory

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**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**

**ARE YOU READY TO TAKE THE TEST? 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. (    )

Adapted from Tedeschi, R. G., & Calhoun, L. G. (1996). The Posttraumatic Growth Inventory: Measuring the positive legacy of trauma. *Journal of Traumatic Stress, 9*, 455–471.  
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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 scores on the following page.**

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**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)