

## THE POST TRAUMATIC GROWTH INVENTORY

On...../...../..... I experienced (traumatic event) .....

Below is a list of changes people may experience following stressful life events. Please tick each item to best describe how much that change was experienced following the stressful event.

Amount of change>>>		Not at all	Very small degree	Small degree	Moderate degree	Great degree	Very great degree
1	My priorities about what is important in life.						
2	An appreciation for the value of my own life.						
3	I developed new interests.						
4	A feeling of self-reliance.						
5	A better understanding of spiritual matters.						
6	Knowing that I can count on people in times of trouble.						
7	I established a new path for my life.						
8	A sense of closeness with others.						
9	A willingness to express my emotions.						
10	Knowing I can handle difficulties.						
11	I'm able to do better things with my life.						
12	Being able to accept the way things work out.						
13	Appreciating every day.						
14	New opportunities are available which wouldn't have been otherwise.						
15	Having compassion for others.						
16	Putting effort into my relationships.						
17	I'm more likely to try to change things which need changing.						
18	I have a stronger religious faith.						
19	I discovered that I'm stronger than I thought I was.						
20	I learned a great deal about how wonderful people are.						
21	I accept needing others.						

**DO NOT WRITE BENEATH**

Case No.	Date					
Name						