

Posttraumatic Growth Inventory—Expanded (PTGI-X)

Indicate for each of the statements below the degree to which this change occurred in your life as a result of your crisis, using the following scale.

- 0= I did not experience this change as a result of my crisis.
- 1= I experienced this change to a very small degree as a result of my crisis.
- 2= I experienced this change to a small degree as a result of my crisis.
- 3= I experienced this change to a moderate degree as a result of my crisis.
- 4= I experienced this change to a great degree as a result of my crisis.
- 5= I experienced this change to a very great degree as a result of my crisis.

- 1. I changed my priorities about what is important in life. (V)
- 2. I have a greater appreciation for the value of my own life. (V)
- 3. I developed new interests. (II)
- 4. I have a greater feeling of self-reliance. (III)
- 5. I have a better understanding of spiritual matters. (IV)
- 6. I more clearly see that I can count on people in times of trouble. (I)
- 7. I established a new path for my life. (II)
- 8. I have a greater sense of closeness with others. (I)
- 9. I am more willing to express my emotions. (I)
- 10. I know better that I can handle difficulties. (III)
- 11. I am able to do better things with my life. (II)
- 12. I am better able to accept the way things work out. (III)
- 13. I can better appreciate each day. (V)
- 14. New opportunities are available which wouldn't have been otherwise. (II)
- 15. I have more compassion for others. (I)
- 16. I put more effort into my relationships. (I)
- 17. I am more likely to try to change things which need changing. (II)
- 18. I have a stronger religious faith. (IV)
- 19. I discovered that I'm stronger than I thought I was. (III)
- 20. I learned a great deal about how wonderful people are. (I)
- 21. I better accept needing others. (I)
- 22. I have a greater sense of harmony with the world. (IV)
- 23. I feel more connected with all of existence. (IV)
- 24. I feel better able to face questions about life and death. (IV)
- 25. I have greater clarity about life's meaning. (IV)

Note: Scale is scored by averaging all responses. Factors are scored by adding responses to items on each factor. Items to which factors belong are not listed on form administered to participants.

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PTGI-X Factors

- Factor I: Relating to Others
- Factor II: New Possibilities
- Factor III: Personal Strength
- Factor IV: Spiritual and Existential Change
- Factor V: Appreciation of Life

Factor 1 Relating to Others _____

Factor 2 New Possibilities _____

Factor 3 Personal Strength _____

Factor 4 Spiritual and Existential Change _____

Factor 5 Appreciation of Life _____