

**THE POST TRAUMATIC GROWTH INVENTORY** (Tedeschi & Calhoun 1996)

**SCORING SHEET**

<b>Factor analysis &gt;&gt;&gt;</b>		Relating to others	New possibilities	Personal strength	Spiritual change	Appreciation of life
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	<b>Totals</b>					
Name		<b>Divide by AFS</b>	<b>7</b>	<b>5</b>	<b>4</b>	<b>2</b>	<b>3</b>