

# Post-Traumatic Growth Inventory

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Indicate for each of the statements below the degree to which this change occurred in your life as a result of the crisis/disaster, 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.*

Possible Areas of Growth and Change	0	1	2	3	4	5
1. I changed my priorities about what is important in life.						
2. I have a greater appreciation for the value of my own life.						
3. I developed new interests.						
4. I have a greater feeling of self-reliance.						
5. I have a better understanding of spiritual matters.						
6. I more clearly see that I can count on people in times of trouble.						
7. I established a new path for my life.						
8. I have a greater sense of closeness with others.						
9. I am more willing to express my emotions.						
10. I know better that I can handle difficulties.						
11. I am able to do better things with my life.						
12. I am better able to accept the way things work out.						
13. I can better appreciate each day.						
14. New opportunities are available which would not have been otherwise.						
15. I have more compassion for others.						
16. I put more effort into my relationships.						
17. I am more likely to try to change things which need changing.						
18. I have a stronger religious faith.						
19. I discovered that I am stronger than I thought I was.						
20. I learned a great deal about how wonderful people are.						
21. I better accept needing others.						

## Post-Traumatic Growth Inventory Scoring

The Post-Traumatic Growth Inventory (PTGI) is scored by adding all the responses. Individual factors are scored by adding responses to items on each factor. Factors are indicated by the Roman numerals after each item below.

### PTGI Factors

Factor I: Relating to Others

Factor II: New Possibilities

Factor III: Personal Strength

Factor IV: Spiritual Change

Factor V: Appreciation of Life

1. I changed my priorities about what is important in life. (V)
2. I have a great 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 of 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 would not 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 am 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)

### Resource of Potential Interest

YouTube: "What is PTG with Sonja Lyubomirsky, Ph.D."

This short video by psychologist Sonja Lyubomirsky, author of the bestseller *"The How of Happiness: A New Approach to Getting the Life You Want"*, explains the basics of PTG and provides a pathway for beginning to explore it.