

Post Traumatic Growth Inventory

Name: _____ Today's Date: _____

Indicate for each of the statements below the degree to which a change occurred in your life as a result of a 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 wouldn't 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'm 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:

Add all item response numbers on the previous page to the below.

				#1
				#2
	#3	#4	#5	
#6	#7			
#8				
#9				
		#10		
	#11	#12		#13
	#14			
#15				
#16	#17		#18	
		#19		
#20				
#21				
Total =				
Div. by 35 = %	25 = %	20 = %	10 = %	15 = %
Relating to Others	New Possibilities	Personal Strength	Spiritual Change	Life Appreciation

PTGI Factors: Possible Areas of Growth and Change

In Reciprocation

There is no charge for the PTGI, and there is no charge for the reproduction of the scale for use in research. In reciprocation, we would like you to send us a gratis copy of any manuscripts, theses, dissertations, research reports, preprints, and publications you prepare in which our materials, or any version of them, is used. Both L. G. Calhoun and R. G. Tedeschi can be contacted at: Department of Psychology - UNC Charlotte - Charlotte, NC 28223 USA.

PTGI References of Potential Interest

Tedeschi, R. G., & Calhoun, L. G. (1995). *Trauma and transformation: Growing in the aftermath of suffering*. Thousand Oaks, CA: Sage Publications.

Tedeschi, R. G., & Calhoun, L. G. (1996). The Posttraumatic Growth Inventory: Measuring the positive legacy of trauma. *Journal of Traumatic Stress*, 9, 455- 471.

