

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. Write the answer / number in the non-shaded box.

- 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.					
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.					
22. I have a greater sense of harmony with the world.					
23. I feel more connected with all of existence.					
24. I feel better able to face questions about life and death.					
25. I have greater clarity about life's meaning.					
Sum each column and place totals here.					
	I	II	III	IV	V

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

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