

## The Post Traumatic Growth Inventory

**Instructions:** Indicate for each of the statements below the degree to which this change occurred in your life as a result of your breast cancer, using the following scale:

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

1. My priorities about what is important in life	1	2	3	4	5	6
2. I'm more likely to try to change things that need changing	1	2	3	4	5	6
3. An appreciation for the value of my own life	1	2	3	4	5	6
4. A feeling of self-reliance	1	2	3	4	5	6
5. A better understanding of spiritual matters	1	2	3	4	5	6
6. Knowing that I can count on people in times of trouble	1	2	3	4	5	6
7. A sense of closeness with others	1	2	3	4	5	6
8. Knowing I can handle difficulties	1	2	3	4	5	6
9. A willingness to express my emotions	1	2	3	4	5	6
10. Being able to accept the way things work out	1	2	3	4	5	6
11. Appreciating each day	1	2	3	4	5	6
12. Having compassion for others	1	2	3	4	5	6
13. I'm able to do better things with my life	1	2	3	4	5	6
14. New opportunities are available which wouldn't have been otherwise	1	2	3	4	5	6
15. Putting effort into my relationships	1	2	3	4	5	6
16. I have a stronger religious faith	1	2	3	4	5	6
17. I discovered that I'm stronger than I thought I was	1	2	3	4	5	6
18. I learned a great deal about how wonderful people are	1	2	3	4	5	6
19. I developed new interests	1	2	3	4	5	6
20. I accept needing others	1	2	3	4	5	6
21. I establish a new path for my life	1	2	3	4	5	6