

(Post) Pandemic Personal Growth Inventory

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.						

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0 = I did not experience this change as a result of this crisis... 5 = I experienced this change to a very great degree as a result of this crisis*

PTGI References of Potential Interest

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*Scoring details.

Indicate for each of the statements below the degree to which this change occurred in your life as a result of the pandemic, using the following scale.

0 = I did not experience this change as a result of this crisis.

1 = I experienced this change to a very small degree as a result of this crisis.

2 = I experienced this change to a small degree as a result of this crisis.

3 = I experienced this change to a moderate degree as a result of this crisis.

4 = I experienced this change to a great degree as a result of this crisis.

5 = I experienced this change to a very great degree as a result of this crisis.