

SRG-R

For each of the following statements, indicate how much change you experienced, if any change at all, as a result of the negative event that you nominated earlier. Please use the following scale:

- +3 = A very positive change
- +2 = A moderate positive change
- +1 = A somewhat positive change
- 0 = No change
- 1 = A somewhat negative change
- 2 = A moderate negative change
- 3 = A very negative change

Because of this event...

1. I experienced a change in how I treat others.
2. I experienced a change in the extent to which I feel free to make my own decisions.
3. I experienced a change in my belief that I have something of value to teach others about life.
4. I experienced a change in the extent to which I can be myself and not try to be what others want me to be.
5. I experienced a change in the extent to which I work through problems and not just give up.
6. I experienced a change in the extent to which I find meaning in life.
7. I experienced a change in the extent to which I reach out and help others.
8. I experienced a change in the extent to which I am a confident person.
9. I experienced a change in the extent to which I listen when others talk to me.
10. I experienced a change in the extent to which I am open to new information and ideas.
11. I experienced a change in the extent to which I communicate honestly with others.
12. I experienced a change in my desire to have some impact on the world.
13. I experienced a change in my belief that it's OK to ask others for help.
14. I experienced a change in the extent to which I stand up for my personal rights.
15. I experienced a change in my belief about how many people care about me.