

Below is a list of statements. By circling **one number per question**, please indicate how much you agree with each statement as it applies to you since your life changing experience(s) such as losses i.e. death, divorce, physical disability, serious/life limiting illness, traumatic events, or any other life altering experiences. There is no right or wrong answer to these statements. Your response is based on your unique experiences, so it may not reflect responses of others.

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
1. I am content with my life.	1	2	3	4	5
2. I have a sense of purpose in my life.	1	2	3	4	5
3. The connection with a higher power is important to me.	1	2	3	4	5
4. I gain awareness from self-reflection.	1	2	3	4	5
5. I enjoy activities that involve both mind/ body such as meditation, prayer, yoga, tai chi, chanting.	1	2	3	4	5
6. I feel isolated.	1	2	3	4	5
7. I feel calm even though I am not in control of my situation.	1	2	3	4	5
8. I accept things that I cannot change.	1	2	3	4	5
9. Working through thoughts about the possibility of dying brought meaning to my life.	1	2	3	4	5
10. Difficult circumstances in my life have increased my compassion towards others.	1	2	3	4	5
11. I want to make the most of my life.	1	2	3	4	5
12. I survive difficult circumstances because of a higher power.	1	2	3	4	5
13. My situation strengthened my connection to a higher power.	1	2	3	4	5

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	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
14. My religious beliefs help me feel calm when faced with difficult circumstances in life.	1	2	3	4	5
15. My personal religious practice is important to me.	1	2	3	4	5
16. My participation in a religious community is an important aspect of my life.	1	2	3	4	5
17. I get support from my religious community.	1	2	3	4	5
18. My religious beliefs give me hope.	1	2	3	4	5
19. Doing something I am passionate about gives me purpose during difficult times (e.g. work, hobbies, volunteering, my religious institution, reading groups).	1	2	3	4	5
20. I find meaning in helping others.	1	2	3	4	5
21. Connection with my family has become my highest priority.	1	2	3	4	5
22. Support from my family lifts my spirits, which gives me hope during difficult times in life.	1	2	3	4	5
23. I am not getting the support I need.	1	2	3	4	5
24. I am confident that my medical caregivers will respond to my needs.	1	2	3	4	5

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	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
25. My friends provide the support I need during difficult times.	1	2	3	4	5
26. I seek more of a connection in my relationships.	1	2	3	4	5
27. I take more time to be in the moment.	1	2	3	4	5
28. My experience with multiple losses has made it hard to be hopeful during difficult times (such as death, divorce, competency, physical disability).	1	2	3	4	5
29. Working through my own grief has brought meaning to my life.	1	2	3	4	5
30. I have a sense of peace in my life.	1	2	3	4	5
31. I have an increased sense of gratitude.	1	2	3	4	5
32. Being surrounded by nature is meaningful.	1	2	3	4	5
33. Creative arts bring peace to my life.	1	2	3	4	5
34. Life challenges interfere with activities that are important to me.	1	2	3	4	5
35. Life challenges raised my desire to be more positive.	1	2	3	4	5