

Practitioner's Scoring & Reference Worksheet

Complementary Visual Aid for Post-Traumatic Growth Inventory (PTGI)

Client Name: _____

Self-report Date: _____

Copy the score corresponding to the PTGI factor

#	Possible Areas of Growth and Change	Circle the degree of change chosen by client in PTGI tool					Score	I	II	III	IV	V
		No Change	Very Small Change	Small Change	Moderate Change	Great Change						
01	I changed my priorities about what is important in life. (V)	0	1	2	3	4	5					
02	I have a greater appreciation for the value of my own life. (V)	0	1	2	3	4	5					
03	I have developed new interests. (II)	0	1	2	3	4	5					
04	I have a greater feeling of self-reliance. (III)	0	1	2	3	4	5					
05	I have a better understanding of spiritual matters. (IV)	0	1	2	3	4	5					
06	I more clearly see that I can count on people in times of trouble. (I)	0	1	2	3	4	5					
07	I established a new path for my life. (II)	0	1	2	3	4	5					
08	I have a greater sense of closeness with others. (I)	0	1	2	3	4	5					
09	I am more willing to express my emotions. (I)	0	1	2	3	4	5					
10	I know that I can handle difficulties. (III)	0	1	2	3	4	5					
11	I can do better things with my life. (II)	0	1	2	3	4	5					
12	I am better able to accept the way things work out. (III)	0	1	2	3	4	5					
13	I can better appreciate each day. (V)	0	1	2	3	4	5					
14	New opportunities are available which wouldn't have been otherwise(II)	0	1	2	3	4	5					
15	I have more compassion for others. (I)	0	1	2	3	4	5					
16	I put more effort into my relationships. (I)	0	1	2	3	4	5					
17	I am more likely to try to change things that need changing. (II)	0	1	2	3	4	5					
18	I have stronger religious faith. (IV)	0	1	2	3	4	5					
19	I discovered that I'm stronger than I thought I was. (III)	0	1	2	3	4	5					
20	I learned a great deal about how wonderful people are. (I)	0	1	2	3	4	5					
21	I better accept needing others. (I)	0	1	2	3	4	5					
Total												

PTGI Factors:



Relating to Others (I)



New Possibilities (II)



Personal Strength (III)



Spiritual Change (IV)



Appreciation of Life (V)