

Posttraumatic Growth Inventory for Children (PTGI-C)

Tedeschi & Calhoun, 1996,
Cryder, Kilmer, Tedeschi, & Calhoun, 2006

1=Not at all true, 2=A little true, 3=Mostly true, 4=Very true

	1	2	3	4
1. I have learned what is important to me.				
2. I am now more likely to try to change things in my life that need changing.				
3. I have learned that life is important.				
4. I learned that I can count on myself.				
5. I understand spiritual things (like religious ideas) more now.				
6. I learned that some people will be there for me and help me if something bad happens.				
7. I feel closer to other people (friends or family) than I did before.				
8. I learned that I can handle my problems.				
9. I feel like it is okay to let people know how I feel inside.				
10. I feel like I can deal with things the way they turn out.				
11. I feel like each day is important.				
12. I can better understand other people's feelings.				
13. I am able to do a better job on my work in school and at home.				
14. I have the chance to do some things I wouldn't have been able to do before.				
15. I try harder to get along with my family and friends.				
16. My religious beliefs are stronger now.				
17. I have learned that I can deal with more than I ever thought I could.				
18. I learned how nice some people can be.				
19. I have new things that I like to do (like hobbies, toys, etc.)				
20. I learned that sometimes I need other people to help me out.				
21. I have some new ideas about how I want things to be when I grow up				