

SUBSCALES AND SCORING THE WIDOWED RESILIENCE SCALE



The Widowhood Resilience Scale is scored by adding all of the items. For each subscale, add items for that individual factor indicated here for each question. Do NOT indicate the subscale when using with clients or research participants.

1. I am comfortable asking for help when need it. (Social Support)
2. I have integrated the love of my late partner with my current life and relationships (Integration)
3. I laugh at least once every day (Living in the Present)
4. I can sit with someone else in pain (Helping Others)
5. I have a fulfilling social life (Social Support)
6. I have found ways to honor my deceased partner or spouse (Integration)
7. I can picture a positive and happy future (Outlook)
8. I have blended my past life with my present life (Integration)
9. I can have fun in the moment (Living in the Present)
10. I am caring and compassionate (Helping Others)
11. I can find support for things I need (Social Support)
12. I can make a decision and follow through (Agency)
13. I feel confident I can learn how to do things my partner used to do (Agency)
14. I can find humor in life (Living in the Present)
15. I use my experiences to help others (Helping Others)
16. I belong to a strong supportive community (Social Support)
17. I have created a new life that honors the past (Integration)
18. I can face my problems head-on instead of ignoring them (Agency)
19. I have goals I am working toward (Outlook)
20. I trust my gut (Agency)
21. I have a strong sense of who I am, independent of my late partner (Agency)
22. I like the person I am now (Outlook)
23. I can feel joy for others when something good happens to them (Living in the Present)
24. I don't let others' expectations determine how I grieve (Agency)
25. I find there are times when I can live in the moment (Living in the Present)

The authors encourage the use of the Widowhood Resilience Scale (WRS).

There is not a charge to use or reproduce the WRS.

The authors ask that you share results and findings or any written work where the WRS, or some version of the WRS is used.

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