



WIDOWHOOD RESILIENCE SCALE

Please indicate to what extent each item reflects your personal experience over the last 6 weeks. Mark one response for each item.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

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