

**Modified Posttraumatic Growth Inventory.** Underline each of the following statements that are true for you because of your deployment. Then write down the top three ways your life improved because of your deployment.

<p style="text-align: center;"><b>Personal Development</b></p> <p>I know I can better handle difficulties.</p> <p>I have a greater feeling of self-reliance.</p> <p>I am better able to accept the way things work out.</p> <p>I have discovered I am stronger than I thought I was.</p> <p>I have greater courage in the face of fear.</p> <p>I have more confidence in my wisdom and judgment in a difficult situation.</p> <p>I have a greater feeling of independence.</p> <p>I have a greater sense of self-discipline.</p> <p>I am more reliable and dependable.</p>	<p style="text-align: center;"><b>Relationships</b></p> <p>I more clearly see that I can count on people in times of trouble.</p> <p>I have a greater sense of closeness with others.</p> <p>I am more willing to express my emotions.</p> <p>I have more compassion for others.</p> <p>I better accept needing others.</p> <p>I put more effort into my relationships.</p> <p>I learned a great deal about how wonderful people are.</p> <p>I am better able to work together with others.</p> <p>I value my friends and family more.</p>
<p style="text-align: center;"><b>New Meanings</b></p> <p>I have a better understanding of spiritual matters.</p> <p>I have a stronger religious faith.</p> <p>I have a broader perspective, a better sense of the big picture.</p> <p>I can better appreciate each day.</p> <p>I have more pride in being an American.</p> <p>I changed my priorities about what is important in life.</p> <p>I have a greater appreciation for the value of my own life.</p>	<p style="text-align: center;"><b>New Possibilities</b></p> <p>I established a new path for my life.</p> <p>I am able to do better things with my life.</p> <p>I developed new interests.</p> <p>New opportunities are available that would not have been otherwise.</p> <p>I am more likely to try to change things that need changing.</p>

Growth Area 1: \_\_\_\_\_

Growth Area 2: \_\_\_\_\_

Growth Area 3: \_\_\_\_\_