(20) Perceived Self-Transformation Scale: Self-Connectedness Scale

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Please circle the answer that could best describe your situation for each of the following sentence | Strongly Disagree | Disagree | Slightly Disagree | Slightly Agree | Agree | Strongly Agree |
| 1. | I appreciate I am willing to face difficulties. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. | I am aware of my emotional responses when facing stress. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. | I am willing to spend time to understand myself. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. | I can feel my vitality. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. | When I feel upset or puzzled, I observe and understand myself with my curiosity. | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. | I am willing to make changes. | 1 | 2 | 3 | 4 | 5 | 6 |