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| (237) 離婚適應量表：離異伴侶的自我價值 |

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|  | 離婚適應量表：離異伴侶的自我價值(Divorce adjustment scale: ex-spouse’s self-worth) | | | | | |
|  | 請閱讀每條陳述，選出它適用於你離異伴侶目前感受和態度的頻率 | 幾乎總是 | 通常 | 有時 | 很少 | 幾乎從不 |
| 1. | 因為我們的婚姻關係破裂，所以佢自己覺得很失敗 | 1 | 2 | 3 | 4 | 5 |
| 2. | 佢覺得佢能夠活出自己喜愛的生活 | 1 | 2 | 3 | 4 | 5 |
| 3. | 佢覺得佢能夠面對和處理自己的問題 | 1 | 2 | 3 | 4 | 5 |
| 4. | 佢對自己有一定的自信心 | 1 | 2 | 3 | 4 | 5 |