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|  | 逆境 |

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|  | 请选出你在过去一年的情况 | 没有 | 颇少 | 一般 | 颇多 | 很多 |
|  | 家人离世的伤痛 | 1 | 2 | 3 | 4 | 5 |
|  | 意外的伤痛 | 1 | 2 | 3 | 4 | 5 |
|  | 经济损失的伤痛 | 1 | 2 | 3 | 4 | 5 |
|  | 学业或工作的失败的伤痛 | 1 | 2 | 3 | 4 | 5 |
|  | 婚姻或家庭破碎的伤痛 | 1 | 2 | 3 | 4 | 5 |
|  | 病痛的伤痛 | 1 | 2 | 3 | 4 | 5 |