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|  | 逆境 |

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|  | 請選出你在過去一年的情況 | 沒有 | 頗少 | 一般 | 頗多 | 很多 |
|  | 家人離世的傷痛 | 1 | 2 | 3 | 4 | 5 |
|  | 意外的傷痛 | 1 | 2 | 3 | 4 | 5 |
|  | 經濟損失的傷痛 | 1 | 2 | 3 | 4 | 5 |
|  | 學業或工作的失敗的傷痛 | 1 | 2 | 3 | 4 | 5 |
|  | 婚姻或家庭破碎的傷痛 | 1 | 2 | 3 | 4 | 5 |
|  | 病痛的傷痛 | 1 | 2 | 3 | 4 | 5 |