

Group number:

Response format:

Each item is rated on a 0 – 5 scale with the anchors 0 = Not at all, 5 = Entirely

1. I believe that there are two sides to every question and try to look at them both.
2. When I'm upset at someone, I usually try to "put myself in his shoes" for a while.
3. I try to look at everybody's side of a disagreement before I make a decision.
4. It's rare that some issue is ever black and white -- usually the truth is somewhere in between.
5. I sometimes find it difficult to see things from the "other guy's" point of view.
6. Before criticizing somebody, I try to imagine how I would feel if I were in their place.
7. If I'm sure I'm right about something, I don't waste much time listening to other people's arguments.
8. It's often harmful to spend lots of time trying to get everyone's point of view -- some decisions have to be made quickly.
9. I sometimes try to understand my friends better by imagining how things look from their perspective.

Group number:

Instructions

Reflecting on how you have felt over the duration of the experience, please rate the following items on a scale from **'Not at all'** to **'Entirely'** according to how you have felt over this time period. Please answer every item, even if you are unsure or feel the item is unclear or poorly worded. Drag the indicator to a position on the scale that shows how much you agree or disagree with each of the following statements.

Response format

Each item is rated on a 0 – 100 scale with the anchors 0 = Not at all, 100 = Entirely

Final items

1. *I have felt trapped in my mind.*
 2. *My mind has felt connected to my heart/emotion.*
 3. *I have felt connected to my senses (touch, taste, sight smell, hearing).*
 4. *I have felt connected to a range of emotions.*
 5. *If I had chosen to, I could have 'sat with' painful memories.*
 6. *I have felt connected to my body.*
 7. *I have been able to fully experience emotion, whether positive or negative.*
 8. *I have felt alone.*
 9. *I have felt connected to friends and/or family.*
 10. *I have felt connected to a community.*
 11. *I have felt connected to all humanity.*
 12. *I have felt unwelcome amongst others.*
 13. *I have felt separate from the world around me.*
 14. *I have felt connected to a purpose in life.*
 15. *I have felt connected to nature.*
 16. *I have felt connected to a spiritual essence (in the secular or religious sense).*
 17. *I have felt connected to a source of universal love.*
 18. *I have seen things from a broad perspective, 'the bigger picture'.*
 19. *I have felt that everything is interconnected.*
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