MIST (Stark)

Answer the following questions on a scale of 1=Never, 2=Rarely, 3=Occasionally, 4=Sometimes, 5=Often, 6=Very Often, 7=Constantly

I believe I have the spiritual help (not necessarily religious) to overcome the burdens of my suffering

I believe suffering causes a person to find new and more worthwhile life goals.

I believe I understand life better because of the suffering I have experienced.

I believe success in dealing with suffering depends upon a person’s attitude about the situation.

I believe suffering limits a person’s opportunities for true fulfillment.

I believe everyone has a purpose in life, a reason for being on earth.

I believe life has been unfair to me because I am a victim of fate.

I believe there is always hope in suffering.

I believe suffering can teach valuable lessons about life.

I believe my suffering experiences hav a pattern which recurs despite my efforts to change my life.

I believe my suffering is part of a grand design even though I may not always understand it.

I believe suffering is a punishment for sin.

I believe my suffering experience has given me a chance to complete my mission in life.

I believe some good things have occurred as a result of my suffering.

I believe people differ in the amount of suffering that they can bear.

I believe people are not given more suffering than they can bear.

I believe my suffering has given my loved ones a chance to become more fulfilled.

I believe suffering occurs if a person is unlucky and fate has been unkind.

I believe suffering is part of the human condition and comes to everyone sooner or later..

I believe suffering tests the strength of a person’s character.