From page 5:

1. Do you feel you have been able to make sense of the traumatic

experience?

(Adapted from Davis et al. 1998)

2. Do you feel you have been able to accept the traumatic exper

ience has happened

to you?

3. Have you been able to move on with your life?

4. Sometimes people who experience a traumatic event find so

me positive aspect of the experience. For example, some people feel that they learn about themselves

or others. Have you found anything positive in the experience? (Adapted from

Davis et al., 1998)

From page 7:

TABLE 1. Indicative Items from the Measure of Mundane Meaning

Sorted into Rationally–Derived Domains

COHERENCE OF SELF-NARRATIVE

The story of my life is unfolding in a satisfying way.

I’ve lost the “thread” that used to run through my life.

I’m not sure how the parts of my life fit together.

I have been able to fit all my life experiences into my life story.

INTEGRATION OF CIRCUMSTANCES

I have come to terms with events that have happened to me in my life.

I have been able to put the past behind me and move on in my daily life.

I have been able to make sense of difficulties that I have experienced in my life.

Somehow my life has gone off track.

HIGH-LEVEL ACTION IDENTIFICATION

Once I get up in the morning, I already have an idea of what I intend to do that day.

I often find myself at a loss for what to do next. (–)

I don’t have to think very hard about what I need to do from moment to moment.

I have trouble feeling a part of my everyday roles.

SENSE OF PURPOSE

I see a clear path forward for myself into the future.

I have a definite idea of my day–to–day priorities.

I can picture what my life will be like far into the future.

I’m not certain that my life will amount to anything.

The story of my life is unfolding in a satisfying way.

I’ve lost the “thread” that used to run through my life.

I’m not sure how the parts of my life fit together.

I have been able to fit all my life experiences into my life story.

I have come to terms with events that have happened to me in my life.

I have been able to put the past behind me and move on in my daily life.

I have been able to make sense of difficulties that I have experienced in my life.

Somehow my life has gone off track.

Once I get up in the morning, I already have an idea of what I intend to do that day.

I often find myself at a loss for what to do next. (–)

I don’t have to think very hard about what I need to do from moment to moment.

I have trouble feeling a part of my everyday roles.

I see a clear path forward for myself into the future.

I have a definite idea of my day–to–day priorities.

I can picture what my life will be like far into the future.

I’m not certain that my life will amount to anything.

Notes:

Asked to score their stress perceptions for the past week from “none” to “extreme”