

FACIT-Sp-Ex (Version 4)

Below is a list of statements that other people with your illness have said are important. **Please circle or mark one number per line to indicate your response as it applies to the past 7 days.**

		Not at all	A little bit	Somewhat	Quite a bit	Very much
Sp1	I feel peaceful.....	0	1	2	3	4
Sp2	I have a reason for living.....	0	1	2	3	4
Sp3	My life has been productive.....	0	1	2	3	4
Sp4	I have trouble feeling peace of mind.....	0	1	2	3	4
Sp5	I feel a sense of purpose in my life.....	0	1	2	3	4
Sp6	I am able to reach down deep into myself for comfort	0	1	2	3	4
Sp7	I feel a sense of harmony within myself	0	1	2	3	4
Sp8	My life lacks meaning and purpose.....	0	1	2	3	4
Sp9	I find comfort in my faith or spiritual beliefs.....	0	1	2	3	4
Sp10	I find strength in my faith or spiritual beliefs.....	0	1	2	3	4
Sp11	My illness has strengthened my faith or spiritual beliefs.	0	1	2	3	4
Sp12	I know that whatever happens with my illness, things will be okay	0	1	2	3	4
Sp13	I feel connected to a higher power (or God)	0	1	2	3	4
Sp14	I feel connected to other people	0	1	2	3	4
Sp15	I feel loved.....	0	1	2	3	4
Sp16	I feel love for others	0	1	2	3	4
Sp17	I am able to forgive others for any harm they have ever caused me	0	1	2	3	4
Sp18	I feel forgiven for any harm I may have ever caused.....	0	1	2	3	4
Sp19	Throughout the course of my day, I feel a sense of thankfulness for my life.....	0	1	2	3	4
Sp20	Throughout the course of my day, I feel a sense of thankfulness for what others bring to my life	0	1	2	3	4
Sp21	I feel hopeful	0	1	2	3	4
Sp22	I feel a sense of appreciation for the beauty of nature	0	1	2	3	4
Sp23	I feel compassion for others in the difficulties they are facing.....	0	1	2	3	4