PCI

Personal Crisis Inventory

The following Inventory is designed to give you an idea of the amount of crisis and conflict that is currently in your life. From this Inventory others may be able to help you resolve issues and relieve some of your discomfort. It is important to always answer truthfully so that your scores reflect your personal crisis accurately.

To complete this Inventory, read through each statement carefully. After you have read the statement, respond to it by using the designated scale that appears above the statement itself. Do not use any other scale -- only the one that appears directly above the statement. Answer only on the answer sheet that has been provided. Fill in the circle that is directly under your numerical choice. Answer all statements. Do not leave any item blank.

DISTRESSING FEELINGS

Everyone has a certain amount of distress in their life. This inventory is designed to show how many feelings of distress you currently have. Looking at the scale below, indicate the number of the choice that correctly responds to your current feelings.

- 1 -- Very slightly or not at all
- 2 -- Slightly
- 3 -- Moderately
 4 -- Strongly
- 5 -- Very strongly
- 1. I feel courageous.
- 2. I feel excitable.
- 3. I have cramps in arms or legs.
- 4. I have frequent mood swings.
- 5. I don't have any close friends.
- 6. I have feelings of failure.
- 7. I have feelings that no one really loves me.
- 8. I feel I have a rapid pulse.
- 9. I am happy.
- 10. I keep anger a secret.
- 11. I can't think quickly.
- 12. I get annoyed or irritated.

- 13. I have a dry mouth.
- 14. I feel worn out.
- 15. I feel stressed out.
- 16. I tend to be forgetful.
- 17. I worry.
- 18. I fell I have shaky hands.
- 19. I have nightmares.
- 20. I can't cope with life much more.
- 21. I feel low or blue.
- 22. I am satisfied.
- 23. I feel that life is a burden.
- 24. I don't desire to talk.
- 25. I don't think much about the future.
- 26. I am calm.
- 27. I am composed.
- 28. I feel unable to cope.
- 29. I fear bodily disease.
- 30. I take a lot of risks.
- 31. I lack confidence in self.
- 32. I feel lonely.
- 33. I am critical.
- 34. I am confused.
- 35. I have thought about suicide in the past.
- 36. I don't feel like working.
- 37. I get tired easily.

THINGS THAT HAVE CHANGED IN YOUR LIFE

Everyone has change in their life. The following 25-item inventory is designed to show how much change has occurred in your life over the last year. Looking at the scale below, indicate the number of the choice that correctly responds to the changes that have occurred in your life. Use this scale for each item below:

- 1 -- Not occurred in my life in the past year.
- 2 -- Occurred 10-12 months ago in my life.
- 3 -- Occurred 7-9 months ago in my life.
- 4 -- Occurred 4-6 months ago in my life.
- **5** -- Occurred 1-3 months ago in my life.
- 38. Divorce.
- 39. Death of a close family member.
- 40. Personal injury or illness.
- 41. Marriage.
- 42. Change in health of family member.
- 43. Sex Difficulties.
- 44. Gain of a new family member.
- 45. Business adjustment.
- 46. Change in financial state.
- 47. Death of a close friend.
- 48. Change to a different line of work.
- 49. Change in number of arguments with spouse.
- 50. Mortgage or loan over \$40,000.
- 51. Change in responsibilities at work.
- 52. Trouble with in-laws.
- 53. Outstanding personal achievement.
- 54. Begin or end school.
- 55. Change in living conditions.
- 56. Revision of personal habits.
- 57. Change in work hours or conditions.
- 58. Change in church activities.
- 59. Change in social activities.
- 60. Mortgage or loan under \$40,000.
- 61. Change in sleeping habits.
- 62. Change in eating habits.

DISTRESSING EVENTS

We have all experienced some type of distressing event or events in our lives. This section measures the relative affect that a distressing event might continue to have on you. Please respond as you truly feel, not as you believe others would want you to respond. Use this scale for each item below:

1 -- True

2 -- False

- 63. I have had a serious threat to my life.
- 64. I have had a serious threat to my physical well being.
- 65. I have experienced a serious threat or harm to my children, relatives or friends.
- 66. I have experienced sudden destruction of my home or community.
- 67. I have seen a person who has recently been seriously injured or killed.
- 68. I have seen a person being killed or seriously injured as a result of violence.
- 69. I feel guilty because I survived a traumatic event, and others did not.
- 70. I have experienced a distressing event outside of what I consider as "normal."
- 71. I continue to have distressing memories of a past traumatic event.
- 72. I continue to have distressing dreams of a past traumatic event.
- 73. I have acted or felt as if a past trauma was reoccurring.
- 74. I have experienced intense psychological distress when confronted with something that symbolizes or resembles a past trauma.
- 75. I have made efforts to avoid thoughts or feelings related to a past trauma.
- 76. I have made efforts to avoid activities or situations that arouse memories of a past trauma.
- 77. I have been unable to remember an important part of a past traumatic event.
- 78. I have experienced a lower interest in work or other activities since I experienced a significant trauma.
- 79. I feel separated or isolated from others.
- 80. I can't have loving feelings or other feelings of emotional connection with others since a traumatic event happened.
- 81. I feel my future is limited or shortened.
- 82. I have a hard time falling asleep or staying asleep.
- 83. I have had outbursts of anger or have been irritable.
- 84. I have a hard time concentrating.
- 85. I over react to "common" situations.
- 86. I can be "jumpy."

Continue answering with this scale:

- 1 Very slightly or not at all
- 2 Slightly
- **3** Moderately
- 4 Strongly5 Very strongly
- 87. I have some type of "physical reaction" when exposed to events that resemble some part of a past trauma.
- 88. I cannot completely experience or express emotions.
- 89. Sometimes I think about "getting back" at whoever or whatever caused a trauma in my
- 90. I feel like I am "reliving" a past traumatic event.
- 91. I don't usually trust people who are in authority.
- 92. I don't feel like I "fit in" anywhere.
- 93. The thought of "injustice" arouses deep emotion in me.
- 94. I don't maintain close intimate relationships for a long time.
- 95. I don't feel close to my family or friends.
- 96. I have a difficult time talking about a past traumatic event.
- 97. I can go into a "rage."

Social Attitudes

We all have particular social attitudes. Next, you will be asked to respond to a number of social and relationship statements. Respond to the statements using one of the five choices listed below. Please respond as you truly feel and not as you believe others might want you to respond. Use this scale for each item below:

- 1 -- Strongly TRUE
 2 -- Moderately TRUE
 3 -- SOMETIMES true or false
 4 -- Moderately FALSE
 5 -- Strongly FALSE

- 98. I feel my marriage (closest intimate relationship) is a hopeless situation.
- 99. I doubt my sexuality.
- 100. I don't settle differences with my spouse (close intimate friend) quickly enough.

- 101. I dislike thinking about the poor people in the world.
- 102. I don't worry about money.
- 103. I'm "afraid" of personal relationships.
- 104. I feel I have too many things.
- 105. I am comfortable being involved in group discussions about sexual issues.
- 106. Most couples lie about the condition of their marriage.
- 107. I feel abused by some people.
- 108. I'm afraid to "get involved" in my marriage (closest intimate relationship).
- 109. My standard of living isn't too high.
- 110. People seem to misunderstand my intentions.
- 111. Money is not the center of my life.
- 112. It makes me nervous when someone asks to borrow something from me.
- 113. When someone I respect gets some new "thing" I do not feel I need one too.
- 114. I have a hard time forgetting the pain someone has caused me.
- 115. I regret some of the things I've done sexually.
- 116. I'm afraid to let even my spouse (closest intimate friend) know who I really am.
- 117. My past mistakes have damaged my marriage (closest intimate relationship).
- 118. Thinking about the homeless in our own country does not bother me.
- 119. I don't worry about what other people think of me.
- 120. I feel comfortable letting people borrow my car.
- 121. I don't have problems relating to people.
- 122. I don't feel bad about my sexual fantasies.
- 123. I am rude to some people.
- 124. I'm not intimidated by people of the opposite sex.
- 125. I don't hold grudges.
- 126. I feel I am my spouse's (or closest intimate friend's) slave.
- 127. I don't feel guilty about having so much when others have so little.
- 128. I feel I am a materialist.
- 129. I feel I need to help the poor of the world in some way.
- 130. I feel that people don't care to develop meaningful friendships in these days.
- 131. I refrain from giving money to people.
- 132. I do not find it hard to discuss my negative points with my friends.
- 133. I don't fight with my spouse (or closest intimate friend).
- 134. I don't feel envious when people I know get new things.
- 135. I feel like an emotional burden to my friends.
- 136. Seeing poverty makes me sad.
- 137. When I am in a group, I think I talk too much.
- 138. I hold people accountable for everything they borrow from me.
- 139. It upsets me when a major possession of mine breaks down.
- 140. I do not feel that I want too many things.
- 141. I have a difficult time trusting people.
- 142. I don't hurt people's feelings.
- 143. I'm afraid my spouse (or closest intimate friend) will suddenly leave me.
- 144. I wish major changes could take place in my marriage (closest personal) relationship.
- 145. I like the thought of sexual intimacy.
- 146. I grieve over possessions of mine that get broken.
- 147. I don't compare my standard of living with the standard of living of my friends.

- 148. I feel accepted and understood in my marriage (or closest intimate) relationship.
- 149. I don't feel "distance" in my marriage (or closest intimate) relationship.
- 150. I communicate with my spouse (or closest intimate friend).
- 151. I'm not demanding to my family.
- 152. I'm not intimidated by people of my same sex.
- 153. I don't find it hard to forgive when someone does wrong to me.
- 154. I let people know who I really am, even though it might not be "safe."
- 155. I'm preoccupied with hatred toward someone.
- 156. I'm demanding to my friends.
- 157. I feel my spouse (or closest intimate friend) is "on my side."

PCI

Personal Crisis Inventory Answer Sheet

Name	Date

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