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## **Life Balance, Emotional Stability, Well-Being and Spiritual Awakening-Part 2: Shorter Scales and An Evidence Based Approach to Change in Psychotherapy**

**By Philip H. Friedman, Ph.D.**

### **Abstract**

This article is a clinical research article based mainly on the author's psychotherapy practice. It updates and shortens the Friedman Life Balance Scale (FLBS) and Subscales, the Friedman Spiritual Awakening Scale (FSAS) and Subscales and the Friedman Mini- 5 Factor Scale or FM5FS (that includes an emotional stability subscale) first introduced in the Jan. 2018 issue of IJHC. The article demonstrates how to use the FLBS and subscales, the FSAS and subscales and the Friedman Mini- 5 Factor Scale to track change over time during psychotherapy, session by session. It also demonstrates the trajectories of change, session by session, in the first 3 clients who completed 15 therapy sessions with these scales and a number of other scales of well-being, affect, stress symptoms, depression, anxiety and obsessing. Finally, it demonstrates how to use client feedback and perceived helpfulness within an integrated evidence-based psychotherapy approach to tracking change.

**Key words:** Friedman Life Balance Scale (FLBS); Friedman Spiritual Awakening Scale (FSAS), Friedman Mini 5 Factor Scale (FM5FS), Well-Being, Emotional Stability, Tracking Change, Evidence Based Approach, Self-forgiveness, Self-Compassion, Forgiveness, Integrative Psychotherapy

### **Introduction**

This article is a clinical research article based mainly on the author's psychotherapy practice. It updates and shortens the Friedman Life Balance Scale (FLBS) and Subscales, the Friedman Spiritual Awakening Scale (FSAS) and Subscales and the Friedman Mini- 5 Factor Scale or FM5FS (that includes an emotional stability subscale) first introduced in the Jan. 2018 issue of IJHC. The article demonstrates how to use the FLBS and subscales, the FSAS and subscales and the Friedman Mini- 5 Factor Scale to track change over time during psychotherapy, session by session. It also demonstrates the trajectories of change, session by session, in the first 3 clients who completed 15 therapy sessions with these scales and a number of other scales of well-being, affect, stress symptoms, depression, anxiety and obsessing. Finally, it demonstrates how to use client feedback and perceived helpfulness within an integrated evidence-based psychotherapy approach to tracking change.

The following factors are considered:

1. How to track changes during psychotherapy using a wide variety of measures, drawn from the fields of positive, cognitive and spiritual psychology and well-being. I first discussed this assessment approach over 27 years ago (Friedman, 1982a; 1982b).
2. How new updated and shortened versions of 3 measures (Friedman Life Balance Scale, Friedman Spiritual Awakening Scale and Friedman Mini-5 Factor Scale) can be used to track change in psychotherapy. These scales were previously discussed in IJHC (Jan. 2018). They show substantial changes over 15 sessions in 3 clients. The shorter scales have 17, 18 and 15 questions, respectively. The development, data and the analyses were conducted in Pa, Texas and Iowa (Friedman, Webb and Toussaint, 2018-9) and see the Appendix.
3. How relationship measures and perceived helpfulness can further enhance tracking change over time in psychotherapy and are a key component in facilitating change.
4. How all assessment measures provide a particular lens for looking at the challenges and consciousness people have in their lives. The lenses and the new measures: the Friedman Life Balance Scale; the Friedman Spiritual Awakening Scale and The Friedman Mini 5 Factor Scales offer is often not looked at or not looked at carefully enough. For example, the 17 item Friedman Life Balance Scale was developed from client feedback at the end of therapy indicating what clients found most helpful/beneficial during their course of treatment. The 3 /4 key factor analyzed dimensions found were 1. reflecting, clarifying and sorting; 2. understanding and connecting with oneself and others; 3. self-forgiveness, self-compassion and self-love and often 4. spirituality. This could be considered a la Ken Wilber (2016) the "Growing Up dimension". The 25 item Friedman Mini 5 Factor Scale assesses the 5 core dimensions of personality quickly and easily: 1. Emotional stability (ES) , 2. Openness (Open) 3. Agreeableness (Agree) 4. Extroversion (Ext) 5. Conscientiousness (Conc). This represents another lens for looking at the "Growing Up" dimension.
5. The 18 items of the Friedman Spiritual Awakening Scale was developed from 50 items often stated by a variety of spiritual teachers concerned with spiritual awakening. The factor analysis revealed 6 core dimensions of the "Waking-Up" dimension 1. True Nature 2. Spirituality 3. Higher Power/Inspired Action.4. Awareness/Inclusion 5. Perfection-Inner/Unfolding and 6. Compassion, Empathy and Love. Every measure reflects a lens for looking at the human condition. The "Growing up" and "Waking Up" dimensions (a la Ken Wilber (2016) are 2 key dimensions that have been methodically assessed with these new standardized measures. They can in turn help clinicians and others understand certain aspects of a person/client's life challenges and consciousness from certain very useful perspectives . By giving these measures to clients or others on a regular basis clinicians and researchers can assess systematically how they change over time. Moreover, these "growing up" and "waking up" dimensions are frequently key variables mediating change in well-being, life satisfaction, happiness, flourishing, positive affect and negative affect such as depression, anxiety and obsessing.
6. How substantial and often dramatic changes in these measures can be demonstrated in a short time by using interventions drawn from the fields of cognitive, positive, spiritual and energy psychology. Many of these interventions can be found in the following articles and book. (Friedman, 2001; 2002; 2010; 2013; 2018; 2019; Friedman and Toussaint, 2006)) and can be summarized by the ICBEST model (integrative, cognitive, behavioral, energy and spiritual therapy) of change (Friedman, 2015), first described in the IJHC in 2015.

This article is based on case studies of 3 clients over 15 sessions of psychotherapy. These clients were of widely differing ages and marital statuses. Two were working and one was retired. One had a major physical challenge that I was initially unfamiliar with. All three filled out a battery of assessment questionnaires at the beginning of the initial consultation session in the waiting room. These were used

to evaluate their condition, set goals and to track change over time session by session. One of these clients was reluctant at times to fill out some of the questionnaires. In two cases I encouraged the spouses of these clients to attend the therapy sessions but they refused. In both of these cases, affairs had been present and the spouses were seeing their own therapists. In two of these cases energy therapy methods (mainly tapping on acupressure points) were used but the third client was unwilling to engage in these alternative methods. In one case, extensive use of my book *The Forgiveness Solution* (2010) and the exercises in it was extensively used. Very positive changes took place in all 3 clients.

The names and some identifying information have been changed for confidentiality purposes.

### **Client 1**

Bob was a 68 year old, recently retired, married male who came in with pulsatile tinnitus. This a rare condition that I had never heard of before. He said he heard sounds within his body that appeared to be his heartbeat. He was quite anxious, angry, depressed and guilty at the time because he believed he was responsible in some way for the condition even though the medical specialists told him otherwise. He had many MRI's and CT Scans recommended by various specialists and they all came up negative. His wife, Josephine (64), and son Robert (21), who lived in Texas, were very concerned about his mental health and that he was so emotionally reactive and irritable.

### **Client 2**

This 28 year old male, 'Oliver', came in depressed and very upset when his wife, Charlotte, discovered the affair he had been having a few months earlier. He reported she felt very "resentful, hurt, disappointed and betrayed". The marital communication had been poor for 1-2 years. Oliver had apparently withdrawn from her. He was a devoted father to their 2 young children, a garbage collector by trade, and active in the local community. He filled out the basic set of questionnaires but was uncomfortable with some of the weekly scales. We negotiated that he would fill out a shorter set of questionnaires each week. His wife was asked to come in for couples therapy but refused, as she preferred seeing her own therapist.

### **Client 3**

This 45 year old female, Anna, came to therapy following her affair with a colleague at work. Feeling guilty, she then told her 46 year old husband, Tom, about it. He was very angry and sad. She was hurt, confused and bitter and quickly distanced herself from her husband. Anna initially proclaimed she wanted a separation. However, there were 3 children still living at home. Anna and Tom both worked at good jobs. She was a successful interior decorator and he was a high tech person. They had briefly been in marital counseling but he withdrew and sought out his own therapist. After further reflection Anna said she was confused about the separation idea and not sure she wanted to leave. She was quite co-dependent on Tom.

All three clients filled out the psychological questionnaire assessments, did the comprehensive interview assessment and set written goals with me (10 or more) at 3, 6 and 12 month intervals. All three were taught the psychological uplifter (Friedman, 2010; 2013; 2015; 2018) at the end of session 1, though Oliver, Client 2, didn't practice it much. Client 1 and 3 also learned and practiced the Positive Pressure Point Techniques or PPPT (similar to EFT) which included tapping on 8 acupressure points; holding and breathing on the 8 acupressure points; and a sequential and progressive form of affirmations. Some of these affirmations were forgiveness affirmations. Included in the PPPT were the 'I am entitled to Miracles' and the 'Releasing and Choosing Technique'

I refer to this article as: *Life Balance, Emotional Stability, Well-Being and Spiritual Awakening-Part 2* because in this article I introduce the new, shortened and factor analyzed version of the Friedman Life

Balance Scale, Friedman Spiritual Awakening Scale and Friedman Mini-5 Factor Scale first presented in an earlier article (Friedman, 2018).

The original versions of the 3 scales had 30, 50 and 25 items, respectively. The versions presented here have 17, 18 and 15 items respectively. The original norms and correlations with other scales (Friedman, 2018) were based mainly on 23 clinical clients in my private psychotherapy practice, and 14 people from acupuncture, yoga, meditation and energy healing groups. The 3 scales presented in this paper were part of a much larger study of Texas Tech University undergraduates by Jon Webb, Ph.D. along with 17 other scales in the areas of positive, spiritual, clinical, health and addiction psychology.

In the first data collection that led to the exploratory factor analysis there were 495 Texas Tech undergrads who completed all the 20 scales online. Development of these 3 scales was part of a much larger study conducted by Dr. Jon Webb. In the second wave, leading to the confirmatory factor analyses, there were 563 Texas Tech undergrads who completed all 20 scales online. The exploratory and confirmatory factor analyses were done by Loren Toussaint, PhD in Iowa, as were the subscales for the Friedman Life Balance, Friedman Spiritual Awakening and Friedman Mini 5 Factor Scales. All of the scales came from the exploratory and confirmatory factor analyses that were done by Dr. Loren Toussaint. In the confirmatory factor analyses we also reduced the number of items on each scale. Shortening the scales makes it easier to administer and score session by session in a clinical setting. The scales can potentially be used in other settings as well. I am deeply grateful to Drs. Webb and Toussaint for the excellent research and analysis they have done on these scales. (see data in the Appendix)

## The scales

Below are the new versions of these scales followed by Tables showing change over time (15 sessions) on these scales for these 3 clients.

### Friedman Life Balance Scale

On a scale from 0 to 5 how much does each item describe you at the present time? 0 = not at all; 1 = rarely; 2 = a little bit; 3 = somewhat; 4 = a lot; 5 = a great deal

- \_\_\_\_\_ 1. Reflect on what I can do differently in situations and choose to do it.
- \_\_\_\_\_ 2. Clarify my options and problem solve.
- \_\_\_\_\_ 3. Sort things out and see things in a larger perspective.
- \_\_\_\_\_ 4. Identify steps to take, to plan and then take actions.
- \_\_\_\_\_ 5. Take control of my life.
- \_\_\_\_\_ 6. Understand myself and others well.
- \_\_\_\_\_ 7. Have a deep connection with my feelings.
- \_\_\_\_\_ 8. Be mindful of and accountable for my thoughts, feelings and actions.
- \_\_\_\_\_ 9. Communicate well with others by expressing myself effectively, listening to others and feeding back what I hear.
- \_\_\_\_\_ 10. Feel empathetic & connected with others.
- \_\_\_\_\_ 11. Forgive myself: let go of judgments and "shoulds" & accept/love myself.
- \_\_\_\_\_ 12. Know that I am good enough
- \_\_\_\_\_ 13. Feel a deep capacity for self-compassion and self-love
- \_\_\_\_\_ 14. Feel strong and empowered.
- \_\_\_\_\_ 15. Stay in and focus on the present (not the past or future, e.g. by enjoying experience sensations and people, enjoying doing things and enjoying my life.
- Total 1 \_\_\_\_\_
- \_\_\_\_\_ 16. Evolve positively on my spiritual journey
- \_\_\_\_\_ 17. Feel grateful to a higher power, force or God
- Total 2 \_\_\_\_\_

Circle the 5 Items That You Find Most Valuable, Beneficial and Useful. Thanks

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### Friedman Spiritual Awakening Scale

On a scale from 0 to 5 how much does each item describe you at the present time? 0 = not at all; 1 = rarely; 2 = a little bit; 3 = somewhat; 4 = a lot; 5 = a great deal

- |   |                    |
|---|--------------------|
| _____ 1. I am aware of my True Nature.  |                    |
| _____ 2. I know that Awareness is nonlocal. It is everywhere.                     |                    |
| _____ 3. I live for the upliftment of the whole.                                  | _____              |
| _____ 4. I place maintaining my spirituality as a high priority for me.           |                    |
| _____ 5. I am helped to understand my life purpose through my spirituality.       |                    |
| _____ 6. I receive a great deal of fulfillment from my spirituality               | _____              |
| _____ 7. I am clear about my next step; my next Inspired action.                  |                    |
| _____ 8. I align with the higher potential of my life; taking actions from there. |                    |
| _____ 9. I align with my higher power/intelligence to contribute to others        | _____              |
| _____ 10. I am aware of Awareness itself.   |                    |
| _____ 11. I see space around everything.  |                    |
| _____ 12. I am able to include everything within me: to let everything in.        | _____              |
| _____ 13. I am perfect just as I am.  |                    |
| _____ 14. I am able to let go of any investment in the future                     |                    |
| _____ 15. Everything is unfolding perfectly. I am perfect where I am              | _____              |
| _____ 16. I have lots of compassion, empathy, integrity and love                  |                    |
| _____ 17. I easily create partnerships with others.                               |                    |
| _____ 18. I am able to do little things with great love.                          |                    |
|   | <b>Total</b> _____ |
|   | _____              |

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### Friedman Mini 5 Factor Personality Scale

On a scale from 0 to 5 how would you rate \_\_\_\_\_ (unless otherwise stated use yourself) on these positive adjectives. 0 = not at all; 1 = rarely; 2 = a little bit; 3 = somewhat; 4 = a lot; 5 = a great deal

- |                       |            |
|-----------------------|------------|
| _____ 1. At Ease      |            |
| _____ 2. Relaxed      |            |
| _____ 3. Peaceful     | _____ ES   |
| _____ 4. Imaginative  |            |
| _____ 5. Creative     |            |
| _____ 6. Curious      | _____ OPEN |
| _____ 7. Kind         |            |
| _____ 8. Warm         |            |
| _____ 9. Trustful     | _____ AG   |
| _____ 10. Talkative   |            |
| _____ 11. Extroverted |            |
| _____ 12. Sociable    | _____ EXT  |
| _____ 13. Responsible |            |
| _____ 14. Reliable    |            |
| _____ 15. Practical   | _____ CONS |

Circle the 5 Adjectives That You Find Most Outstanding. Thanks

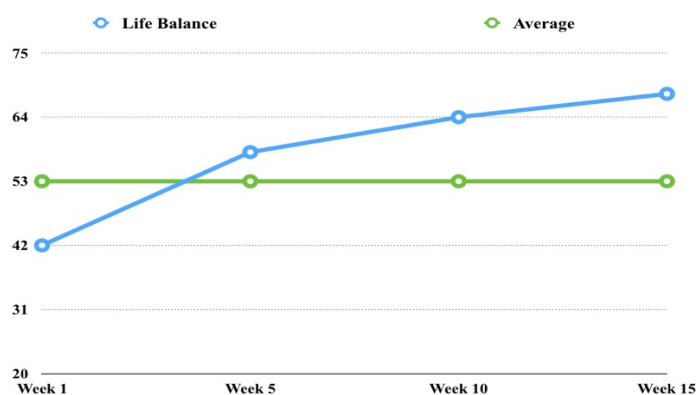
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Typically, clients fill out these questionnaires in the waiting room before a psychotherapy session. Most of them can be scored by the clients themselves, although sometimes the clinician can do it quickly at the beginning of the session and record the results. The lines at the sides of the scales permit rapid scoring of the subscales and scales.

**Table 1: Friedman Life Balance Scale (FLBS): Changes over Time (N=3)**

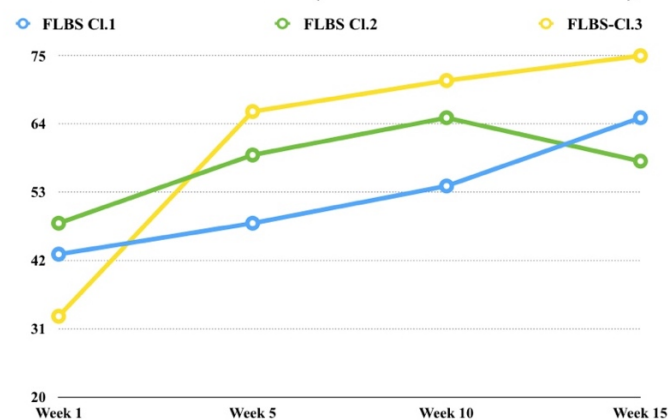
In Table 1 you can see the changes over 15 sessions for 3 clients. An average score on the FLBS is 53. The average score at intake for the 3 clients was 42. By the fifth session the average score was 58 and by the 15 session the average score was 65. The biggest change took place over the first 5 sessions.

**Table 1: Changes in Total Friedman Life Balance Scale Over Time (N=3)**



In Table 2 You can see the trajectories of change differ slightly on the FLBS scale for each of the 3 clients. The most dramatic changes were for client 3. She went from a very low score of 32 at intake to a maximum score of 75 at the 15<sup>th</sup> and termination session. (53 is average)

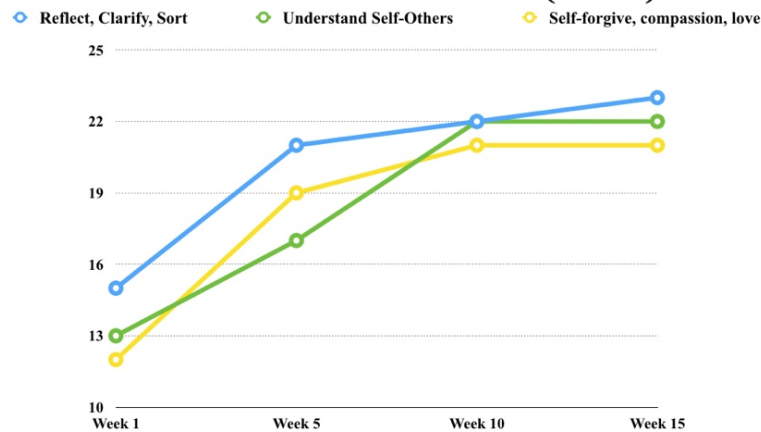
**Table 2: Changes in Total Life Balance Scale Over Time (3 Different Clients)**



**Friedman Life Balance Scale (FLBS): Changes on the 3 Subscales. (N=3)**

There are 5 questions on each of the Friedman Life Balance Scale (FLBS) main subscales and 2 questions on the spirituality subscale. The 3 main subscales are 1. Reflect, clarify, sort 2. Understanding and connecting with oneself and others. 3. Self-forgiveness, self-compassion and self-love. The items were drawn from essays clients wrote at the end of therapy in response to the question “what did you find most helpful and beneficial” during the course of your therapy.” Initially there were 30 questions. The shortened version has 15 core questions. Table 3 shows the changes on 3 FLBS subscales.

**Table 3A: Changes in 3 Life Balance Subscales (N=3)**

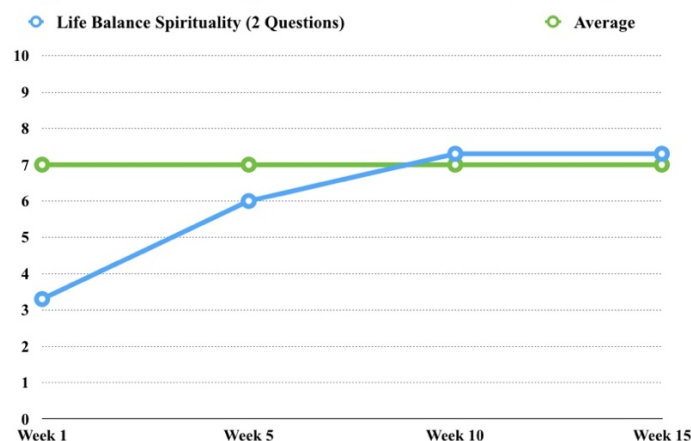


The biggest change is on the self-forgiveness, self-compassion and self-love subscale which tends to correlate highest with measures of quality of life, well-being, happiness, flourishing and life satisfaction (in my clinical population with an N=30 the correlation is about .70). An average score is close to 18. The scores at intake had an average of 12 and climbed to 21 at the 15<sup>th</sup> session. The subscales of reflect, clarify, and sort and understanding and connecting with oneself and others initially had scores of 15 and 13 respectively and ended with scores of 23 and 22. The maximum score for all 3 subscales is 25. So there was substantial change on all 3 of these 'growth-oriented' subscales.

#### **Friedman Life Balance Scale (FLBS) Changes on the 2 spirituality items. (N=3)**

Although there were only 2 questions on spirituality there were marked changes over the course of therapy but mainly during the first 10 sessions. The scores changed from a low of 3 at session 1 to a score of 7.3 at sessions 10 and 15. (7 is average) This suggests that for some and possibly many clients there is a shift in spiritual growth that takes place during psychotherapy.

**Table 3B: Changes in Life Balance Spirituality Subscale (N=3)**



## Life Balance Scores Reflected in the Brain

I asked Linda Graham, an expert on neuroscience and psychology, and the author of the excellent books *Bouncing Back* (2013) and *Resilience* (2018) to look at the items on the Friedman Life Balance Scale and provide me with feedback. Here is what she said:

“My (Linda Graham’s) basic perspective (October 28, 2018) is the one you cited in the January 2018 IJHC article (Friedman, 2018a). It is what I would continue to offer.”

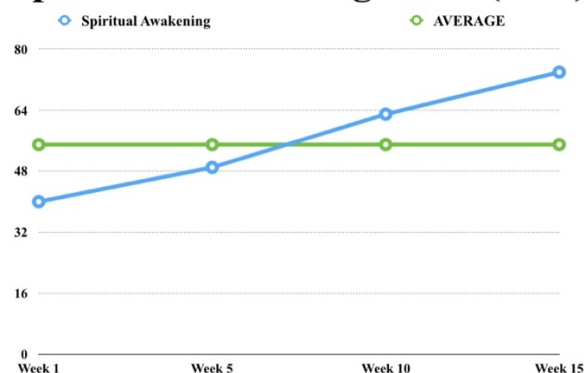
1. Pre-frontal cortex items: Many of the items on your Life Balance Scale involve making a choice, making a decision, and require conscious reflection to do that: Those would require the functioning of the pre-frontal cortex, the center of executive functioning.
2. Right hemisphere items: Other items involve feelings and feeling other people’s feelings: Those would require more processing by the (emotional) right hemisphere of the brain.
3. Pre-frontal cortex items and right hemisphere items: A few items are a mix of two different functions, feeling and reflecting/choosing: and would require performing those functions sequentially or would rely on an integration of many structures across the whole brain.
4. Autonomic nervous system items. Items are somewhat body-based and would require input from the autonomic nervous system in general.
5. Default network processing. Two items, (the spiritual items), would use the default network processing of the brain, the spacious associative network rather than the specific focus of the pre-frontal cortex.”

Although Linda Graham’s breakdown differs slightly from the factor-analyzed subscales it is significant that the changes taking place in the Life Balance Scale items correspond to known areas of change in 4-5 areas of the brain. This suggests, of course, that changes in the brain are taking place while there are changes taking place in 1. Reflecting, clarifying and sorting 2. Understanding and connecting with self and others 3. Self-forgiving and experiencing self-compassion and self-love. As we shall see changes are often taking place as well in spiritual awakening and the brain. Probably these changes occur simultaneously but we don’t know that yet.

## Friedman Spiritual Awakening Scale (FSAS): Changes over Time (N=3)

Table 4 indicates that the total Friedman Spiritual Awakening Scale score changed over the 15 sessions from a 40 to 74. An average score is 55 and the maximum score is 90. This indicates that there is often a “waking up” as well as a “growing up” to quote Ken Wilber (2016) taking place during psychotherapy.

**Table 4: Changes in Total Spiritual Awakening Scale (N=3)**





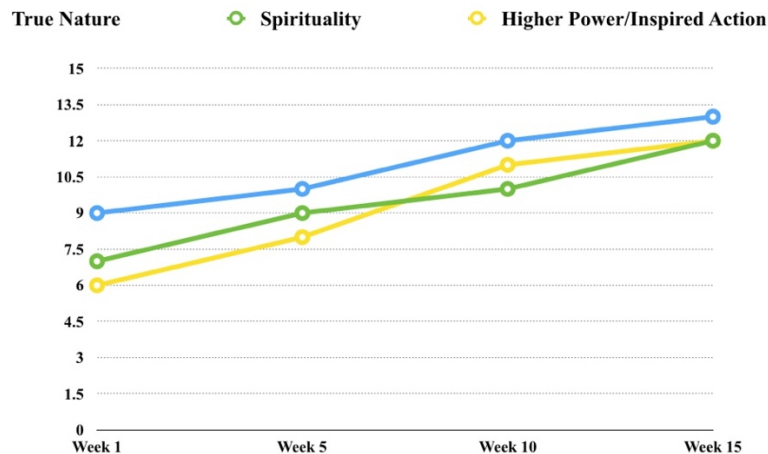
### Friedman Spiritual Awakening Scale (FSAS) Changes over Time in the first 3 Subscales

Table 5 shows the changes over time in the first 3 Spiritual Awakening Subscales.

1. True Nature 2. Spirituality 3. Higher Power/Inspired Action. It is obvious that the biggest change in these 3 clients is on the Higher Power/Inspired Action subscale which shifted from 6 to 12 over the 15 sessions (9 is average and 15 is maximum)

The second biggest change was in the general spirituality subscale which shifted from 7 to 12 over 15 sessions. The True Nature subscale changed from 9 to 13. (again 9 is average and 15 is the maximum score)

**Table 5: Changes in First 3 Spiritual Awakening Subscales (N=3)**



### Friedman Spiritual Awakening Scale (FSAS): Changes over Time in the second 3 Subscales

**Table 6: Changes in 3 More Spiritual Awakening Subscales (N=3)**

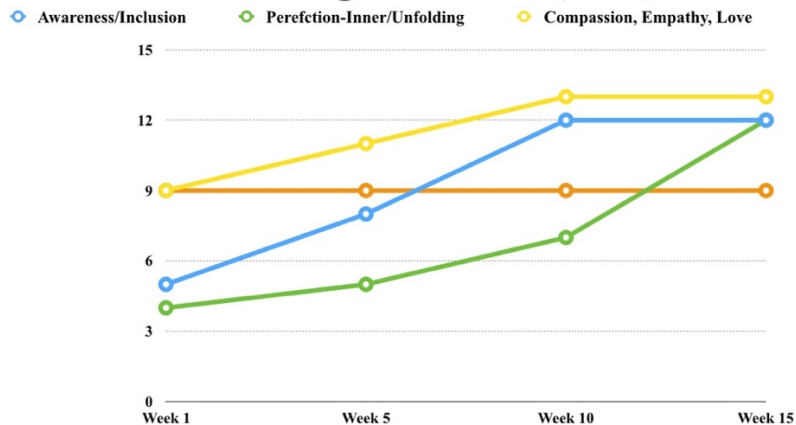


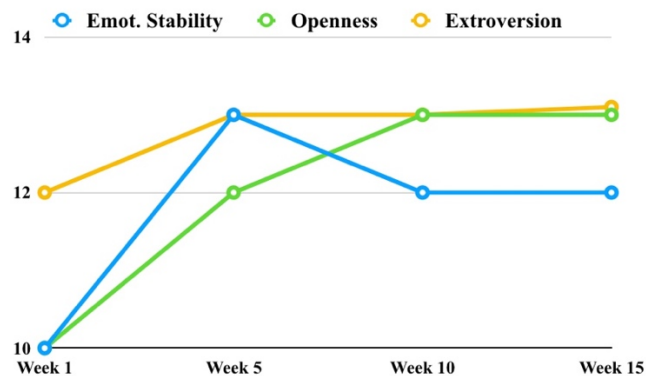
Table 6 shows the changes over time in the second 3 Spiritual Awakening Subscales.

1. Awareness/Inclusion 2. Perfection-Inner/Unfolding and 3. Compassion, Empathy and Love. The biggest change occurred in Perfection-Inner/Unfolding subscale with a shift from 4 to 12 (Overall 9 is average though on this subscale 8 is average and 15 is a maximum score). Awareness/Inclusion shifted almost as much from 5 to 12 while Compassion, Empathy and Love which has an average score of almost 11 shifted from 9 to 13.

### Friedman Mini 5 Factor Scale (FM5FS): Changes over Time in 3 of the Subscales

Table 7 shows changes in 3 of the Mini 5 Factor Scale (FM5FS) subscales of 1. Emotional Stability, 2. Openness, and 3. Extroversion. There were no substantial changes in the other 2 mini 5 factor subscales of 4. Agreeableness, and 5. Conscientiousness over the 15 sessions. The biggest change was in Openness shifting from 10 to 13 (11 is average out of 15). The second biggest change was in Emotional Stability from 10 to 12. The least change was in Extroversion from 12 to 13. In the earlier IJHC article (Friedman, 2018) Emotional Stability and Conscientiousness showed the biggest change in 3 clients over 7 sessions. However, the changes in the Mini 5 Factor Scale (FM5FS) may well differ across different clients and different populations.

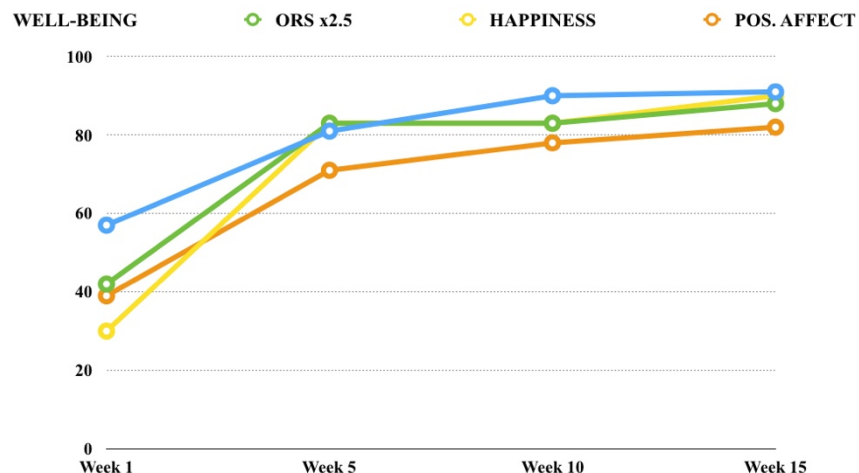
**Table 7: Changes in 3 Mini Five Factor Subscales (N=3)**



Although there are a number of brief 5 factor scales available (see Donnellan et. al, 2006, Gosling et. al., 2003 and Soto et. al 2017) the Friedman Mini 5 Factor Scale (FM5FS) is probably the easiest and fastest to administer and score and it can be easily self-scored.

### Changes over Time in Well-Being, Happiness and Positive Affect in 3 clients

**Table 8: Changes in Well-Being, Outcome Rating, Happiness and Pos. Affect (N=3)**



Tables 8 through 14 show changes that took place during the 15 psychotherapy sessions in these 3 clients on other related measures that I use and have used to track change over the years. Table 8 shows changes on the Friedman Well-Being and Happiness Scales (Friedman, 1992) and Friedman Positive Affect Scale (Friedman, 1998) along with the ORS or Outcome Rating Scale (Miller et. al., 2003) multiplied by 2.5. The ORS is a brief well-being/distress scale often used to measure changes in psychotherapy session by session.

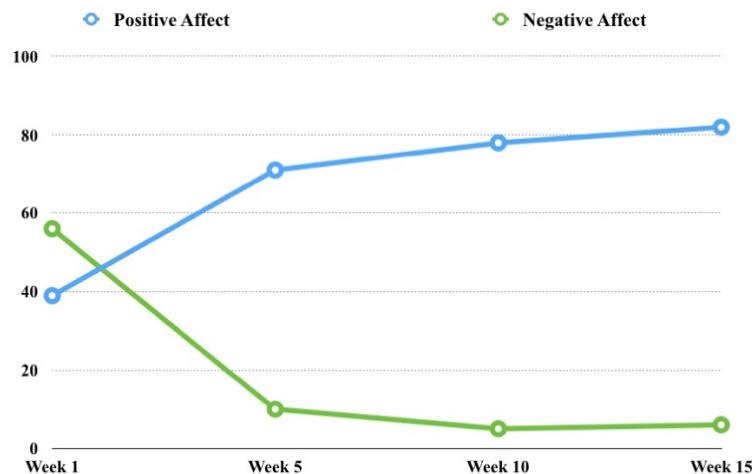
Table 8 shows substantial changes in well-being, happiness and positive affect occurring over the 15 sessions with the biggest changes taking place in the first 5 sessions. The largest single change took place in the positive affect measure which shifted from 39 to 82 on a 100 point scale over 15 sessions. These changes parallel the changes in life balance and spiritual awakening discussed earlier.

### **Friedman Positive and Negative Affect Scale: Changes over Time (N=3)**

Table 9 demonstrates that while positive affect was increasing markedly in these 3 clients negative affect was decreasing substantially as well. The Friedman Positive Affect Scale lists 25 affects in 5 categories: jovial, self-assurance, attentiveness, peace and love. The Friedman Negative Affect Scale (Friedman, 1998) lists 25 affects in 5 categories: hostility, guilt, sadness, fear and fatigue. The changes in positive affect shifted from 39 to 82 on a 100 point scale over 15 sessions and the changes in negative affect shifted from 56 to 6. The biggest changes took place over the first 5 sessions.

I often refer to the difference between positive affect and negative affect as 'Affect Balance'. In this case the Affect Balance score changed from -17 at intake to plus 76 at session 15 which is a dramatic change over a relatively short time period.

**Table 9: Changes in Positive and Negative Affect (N=3)**



## Friedman Life Balance and Well-Being Scale and Total Stress Symptom Scale Changes over Time

**Table 10: Changes in Life Balance, Well-Being & Total Stress(N=3)**

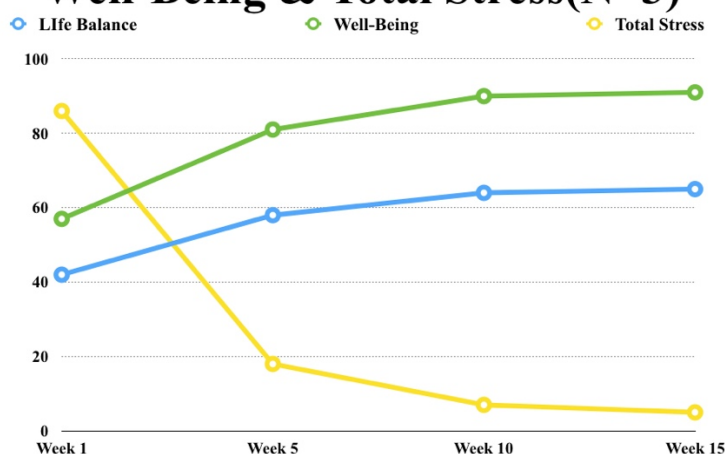
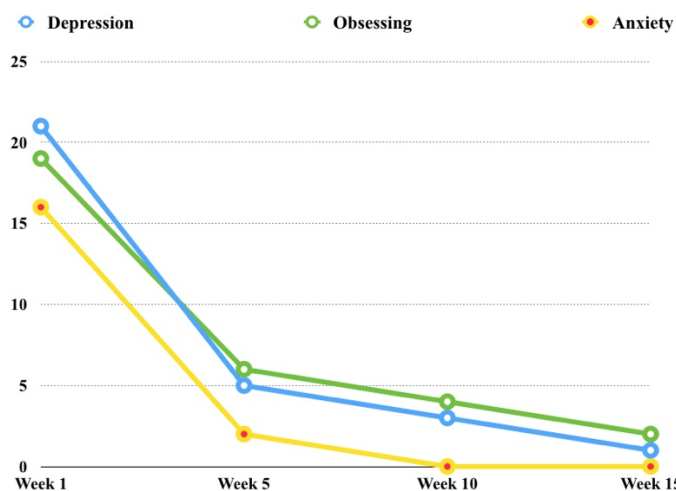


Table 10 shows the changes on the Friedman Life Balance and Friedman Well-Being Scale previously discussed along with the changes on the Total Stress Symptom Checklist Inventory (Derogatis et. al., 1973). The Total Stress Symptom Checklist Inventory has 83 items and 9 subscales. An average score on the Stress Symptom Inventory is 22 and a typical client at intake has a score between 90 and 110. Table 10 shows a consistent positive change on well-being and life balance and a sharp drop in the total stress symptoms score from 86 at session 1 to a score of 18 at session 5 and a score of 5 at session 15.

## Changes in Depression, Obsessing and Anxiety over Time (N=3): )Three Subscales of the Stress Symptom Inventory) (N=3)

Table 11 demonstrates the significant changes that took place on three key subscales of the total stress symptom inventory, i.e. depression, obsessing and anxiety over the 15 sessions. All 3 subscales dropped from 16 to 20 points, most strongly in the first 5 therapy sessions.

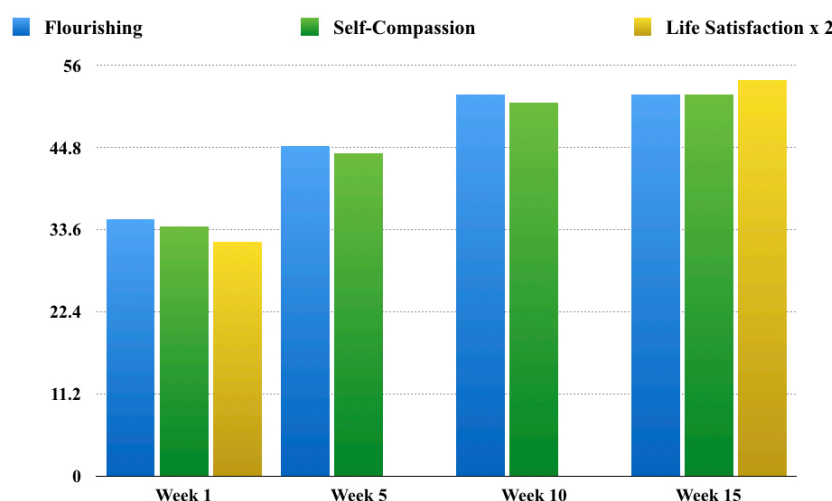
**Table 11: Changes in Depression, Obsessing and Anxiety (N=3)**



### Changes in Flourishing, Self-Compassion and Life Satisfaction over Time (N=3).

Table 12 shows changes in the scales of flourishing (Diener et. al., 2010), life satisfaction (Diener et. al., 1985) and self-compassion (Raes, Pommer, Neff et. al., 2011) during the 15 psychotherapy sessions. The measure of life satisfaction was only available for the first (intake) and 15<sup>th</sup> psychotherapy session. All 3 scales shifted from scores in the low to mid 30's to the low to mid 50's. On these measures changes took place equally from session 1 to 5 and then from session 5 to 10. Then the scores remained steady. (an average score on these 3 measures of flourishing, self-compassion and life satisfaction is 45, 36 and 25 respectively)

**Table 12: Changes in Flourishing, Self-Compassion & Life Satisfaction(N=3)**



### Changes in Forgiveness over the 15 sessions (N=2)

**Table 13: Changes in Forgiveness (N=2)**

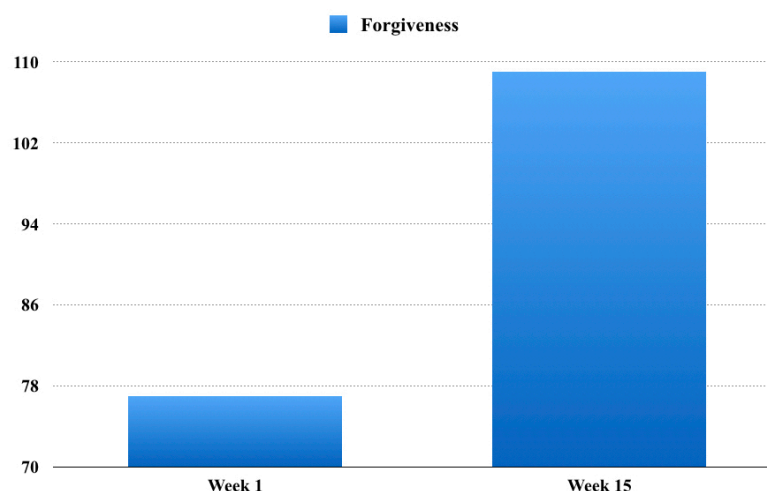


Table 13 demonstrates the changes in total forgiveness using the Heartland Forgiveness Scale (Thompson and Snyder, 2003). This scale has 18 items divided into 3 subscales (forgiveness of self, others and circumstances). Total forgiveness scores were only available for 2 clients and at the first (intake) and 15th sessions. An average score is about 93. However, these 2 clients had an average score of 77 at session 1 and 109 at session 15. Forgiveness is a very important component of my work. Most of my clients are given a copy of my book the Forgiveness Solution (Friedman, 2010) around session 3 or 4 and asked to read 2 or 3 chapters per week and do the exercises. Client 2 was not given the book as he was not perceived to be receptive to either the tapping or forgiveness exercises. Even so forgiveness when appropriate is discussed directly or indirectly in many therapy sessions, both self-forgiveness (and self-compassion) and forgiveness of others as a catalyst for peace, happiness and well-being.

### Changes in Positive Client Feedback and Perceived Helpfulness (N=3)

**Table 14: Changes in Positive Client Feedback & Perceived Helpfulness (N=3)**

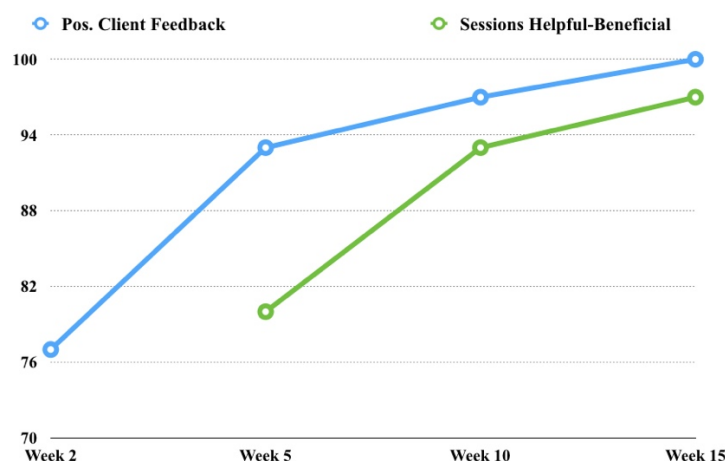


Table 14 is a little different from the other tables because the focus is on the relationship between the therapist and client and the perceived helpfulness of the sessions. At the beginning of each session the client is given the 20 item client feedback scale asking about his/her perception of the therapist and the previous therapy session. The client also rates on 2 items how helpful and how beneficial therapy has been so far. On the client feedback scale the scores increased from 77 to 100 and on the perceived helpfulness scale from 80 to 97. It seems that many clients are skeptical when first entering therapy though somewhat hopeful at the same time. Whenever therapy is effective the scores will increase steadily over time, as it did with these 3 clients.

### Top Positive Qualities on the Positive Qualities Questionnaire

Table 15 lists the top positive qualities selected by these 3 clients on the 67 Friedman Positive Qualities Questionnaire (Friedman, 2016) that was initially called the Friedman Legacy Scale. The scale was triggered by a question in 2016 from a client of mine. Here are some of the positive qualities listed wise, wisdom, very knowledgeable, smart, intelligent, dedicated, committed, straightforward, trusting, trustworthy, happy, joyful, humorous, cheerful, warm, creative, imaginative, intuitive, loving, caring and understanding etc.

**Table 15: Top Positive Qualities Clients Listed  
on the Positive Qualities Questionnaire**

1.	Wise, wisdom and very knowledgeable
2.	Smart/intelligent
3.	Dedicated and committed
4.	Straightforward, trusting, trustworthy
5.	Happy, joyful, humorous, cheerful, warm
6.	Creative, imaginative, intuitive
7.	Compassionate, loving, caring, understanding
8.	Supportive, soothing and comforting
9.	Peaceful, calm, focused with a positive attitude/energy
10.	Accommodating, respectful, generous, reliable
11.	Open-minded, genuine, devoted
12.	Loyal and a truth-seeker

### **Top 6 Behaviors Clients Found Outstanding**

**Table 16: Top 6 Behaviors These  
3 Clients Found Outstanding**

- Very Good Listener
- Very Good at Analyzing and Isolating Problems
- Very Good at Finding Solutions to Problems or Helping You Find You Find Tools, Exercises, Processes to Solve Them
- Very Good at Giving Advice and Feedback
- Storyteller: Very Good with Stories that are Instructive and Helpful
- Very Professional

Table 16 lists the top 6 behaviors clients found outstanding on the Friedman Positive Qualities Questionnaire (Friedman, 2016). They said: very good listener; very good at analyzing and isolating problems; very good at finding solutions to problems or helping clients find tools, exercises, processes to solve them; very good at giving advice and feedback; very good with stories that are instructive and helpful; and very professional. These behaviors and the positive qualities list obviously cut across specific interventions and may apply to the work of many therapists.

### **Client and Therapist Comments**

Client 1 wrote at the end of therapy. "Therapy helped me a great deal to talk about my problems and my issues and my background in my life. Also the use of tapping etc. was very helpful. I saw results after 2 weeks." (he was very anxious, depressed and angry following his developing pulsative tinnitus, a condition I was initially unfamiliar with, but an article John Freedom recommended by Robert J. Pasahow, PhD called "Energy Psychology and Thought Field Therapy in the Treatment of Tinnitus" in the

International Tinnitus Journal (2009) was very helpful and instructive. The client was also very pleased I located the article and went on to say, “I calmed down, gained control of my emotions and now my blood pressure is normal. I do not feel anxious ... and also my family is noticing big changes in my temperament. I will continue to use and practice the exercises I learned after therapy.”

## Summary

This article discussed the new, updated, factor-analyzed and shortened versions of the Friedman Life Balance Scale (FLBS); the Friedman Spiritual Awakening Scale (FSAS); Friedman Mini 5 Factor Scale (FM5FS); and the clinical use of these 3 new versions of the scales and their subscales with 3 psychotherapy clients over 15 sessions. It demonstrated how to track change session by session with these and a number of other scales to measure process and outcome in an evidence-based way.

Measures of changes occurred in well-being, stress, affect, self-compassion, forgiveness, client feedback and perceived helpfulness. Significant changes were demonstrated in clients between intake (session 1) and the 15th therapy session on the Friedman Life Balance Scale and subscales, the Friedman Spiritual Awakening Scale, and subscales and the Openness and Emotional Stability subscale of the Friedman Mini 5 Factor Scale .

It also demonstrated that clients often change at different rates. The subscales of the Friedman Life Balance Scale (FLBS) and the Friedman Spiritual Awakening Scale (FSAS) revealed new information about what changes may occur during psychotherapy sessions

The key factor-analyzed dimensions of the Friedman Life Balance Scale were:

1. Reflect, clarify, sort
2. Understanding and connecting with oneself and others and
3. Self-forgiveness, self-compassion and self-love and often
4. Spirituality

and the key factor-analyzed dimensions of the Friedman Spiritual Awakening Scale were:

- a. True Nature
- b. Spirituality
- c. Higher Power/Inspired Action
- d. Awareness/Inclusion .
- e. Perfection-Inner/Unfolding, and
- f. Compassion, Empathy and Love.

All subscales changed significantly over time during the 15 psychotherapy sessions.

The Life Balance Scale as well as the Mini 5 Factor scales could be considered to measure the “Growing-Up” dimension and the Spiritual Awakening Scale as the ‘Waking –Up’ dimension of change.

Finally, the article suggested that the changes taking place during psychotherapy as measured by these scales may coincide with a change in the integrative functioning of the brain in general and especially the pre-frontal cortex, which is the center of executive functioning. In addition, the clients’ perceptions of changes seem to coincide with changes in the emotional and social functions of the brain which comes from the integration of the entire brain. Of course, further research with larger clinical and non-clinical samples is always strongly encouraged.

## Author Note

I want to thank Jon Webb, Ph.D for collecting the college student data and Loren Toussaint, Ph.D for factor-analyzing the data on the 3 Friedman Scales. My deepest appreciation goes out to both of them.



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## Appendix

### Introduction

The Tables in the Appendix provide the supportive statistical data for researchers and clinicians alike. The confirmatory factor analysis served as the basis for the Friedman Life Balance, Friedman Spiritual Awakening and Friedman Mini 5 Factor scales and subscales. The tables also provide reliability data for the scales as well as means, standard deviations and correlations with a large number of other scales from the fields of clinical, cognitive, positive, stress and addiction psychology. This data provides a useful frame of reference for comparison with other measures and for tracking change against a standard.

These 3 new scales: the Friedman Life Balance Scale, Friedman Spiritual Awakening Scale and Friedman Mini 5 Factor Scale

1. Help to assess key dimensions of a person's/client's functioning.
2. Allow for quick tracking of change over time (every 1, 2, 3, 4, 5 or 10 weeks for example.)
3. Permit feeding back the results to a person/client and comparing their results with previous administrations and with norms.
4. Permit demonstrating change to a person/client.
5. Allow for graphing change for visual feedback and feeding that back to a person/client.
6. Allow a clinician to see if no change or deterioration is occurring for early intervention or even a referral to another resource.
7. Allow researchers to correlate the results with other measures such as measures of well-being, stress, self-compassion, forgiveness, affect, suicide potential or addiction; and to track change over time.
8. Provide measures of 'growing-up' and 'waking' up. The latter measure assesses spiritual growth and spiritual awakening.
9. Are easy to administer, score and track by oneself, e.g. by a clinician, a researcher or a computer; and easy to understand.
10. May be the psychological equivalent of measures of blood pressure, heart rate, blood tests, X-rays, etc. routinely used by medical professionals

Data is based on a 563 Texas college student study conducted by Jon Webb, Ph.D. (Texas Tech University) in 2018—2019. The Factor Analysis was done by Loren Toussaint, Ph.D. (Luther College) In Iowa in 2019. My deepest appreciation goes to both of them.

## Demographics:

Age: Mean = 20.70 years; SD = 3.41; Range = 17-59 years (only one student was 17)

Males: N=144

Females: N=419

## Table 17: Friedman Life Balance Scale Factor Analysis

### Confirmatory Factor Analysis Loadings

1. Reflect on what I can do differently in situations and choose to do it.	Factor 1 .82
2. Clarify my options and problem solve.	Factor 1 .81
3. Sort things out and see things in a larger perspective.	Factor 1 .80
4. Identify steps to take, to plan and then take action	Factor 1 .75
5. Take control of my life.	Factor 1 .72
6. Understand myself and others well.	Factor 2 .82
7. Have a deep connection with my feelings.	Factor 2 .78
8. Be mindful of and accountable for my thoughts, feelings and actions.	Factor 2 .83
9. Communicate well with others by expressing myself effectively, listening to others and feeding back what I hear.	Factor 2 .76
10. Feel empathetic & connected with others.	Factor 2 .71
11. Forgive myself: let go of judgments & "shoulds" & accept/ love myself.	Factor 3 .74
12. Know that I am good enough	Factor 3 .85
13. Feel a deep capacity for self-compassion and self-love	Factor 3 .79
14. Feel strong and empowered.	Factor 3 .86
15. Stay in and focus on the present (not the past or future, e.g by enjoying experience sensations and people, enjoying doing things and enjoying my life.	Factor 3 .59

### Exploratory Factor Analysis Loadings

16. Evolve positively on my spiritual journey	Factor 4 .97
17. Feel grateful to a higher power, force or God	Factor 4 .71

**Table 18: Friedman Spiritual Awakening Scale Factor Analysis**  
**Confirmatory Factor Analysis Loadings**

1. I am aware of my True Nature.	Factor 1 .86
2. I know that Awareness is nonlocal. It is everywhere.	Factor 1 .75
3. I live for the upliftment of the whole.	Factor 1 .86
4. I place maintaining my spirituality as a high priority for me.	Factor 2 .93
5. I am helped to understand my life purpose through my spirituality.	Factor 2 .91
6. I receive a great deal of fulfillment from my spirituality	Factor 2 .93
7. I am clear about my next step; my next Inspired action.	Factor 3 .75
8. I align with the higher potential of my life; taking actions from there.	Factor 3 .85
9. I align with my higher power/intelligence to contribute to others	Factor 3 .78
10. I am aware of Awareness itself.	Factor 4 .73
11. I see space around everything.	Factor 4 .70
12. I am able to include everything within me: to let everything in.	Factor 4 .68
13. I am perfect just as I am.	Factor 5 .72
14. I am able to let go of any investment in the future	Factor 5 .56
15. Everything is unfolding perfectly. I am perfect where I am	Factor 5 .83
16. I have lots of compassion, empathy, integrity and love	Factor 6 .73
17. I easily create partnerships with others.	Factor 6 .68
18. I am able to do little things with great love.	Factor 6 .74

**Table 19: Friedman Mini 5 Factor Scale Factor Analysis**

**Confirmatory Factor Analysis Loadings**

1. At Ease	Factor 1 .94
2. Relaxed	Factor 1 .84
3. Peaceful	Factor 1 .81
4. Imaginative	Factor 2 .88
5. Creative	Factor 2 .81
6. Curious	Factor 2 .65
7. Kind	Factor 3 .84
8. Warm	Factor 3 .80
9. Trustful	Factor 3 .72
10. Talkative	Factor 4 .88
11. Extroverted	Factor 4 .83
12. Sociable	Factor 4 .86
13. Responsible	Factor 5 .83
14. Reliable	Factor 5 .86
15. Practical	Factor 5 .71

**TABLE 20: FRIEDMAN LIFE BALANCE SCALE  
RELIABILITY ALPHAS: N=563)**

	FLBS-TOTAL	FLBS-F1 (Reflect/ Clarify/Sort)	FLBS-F2 (Understand/ Connect w/ Self-Others)	FLBS-F3 (Self-forgive/ compassion/ self-love)	SPIR. ITEMS
Alpha	0.93	0.86	0.86	0.86	0.84
N	15	5	5	5	2

**TABLE 21: FRIEDMAN SPIRITUAL AWAKENING  
SCALE RELIABILITY ALPHAS: N=563)**

	FSAS TOTAL- (F1-F5)	FSAS-F1 My True Nature	FSAS-F2 Spiritualit y/High Priority	FSAS=F3 (Higher Power/ Inspired Action)	FSAS-F4 Awareness /Inclusion	FSAS-F5 Perfection /Inner & Unfolding	FSAS-F6 Love, Empathy, Compassi on
Alpha	0.92	0.85	0.95	0.83	0.74	0.74	0.72
N	15	3	3	3	3	3	3

**TABLE 22: FRIEDMAN MINI 5 FACTOR SCALE  
RELIABILITY ALPHAS: N=563**

	Emotional Stability	Openness	Agreea ble	Extra version	Conscious ness
Alpha	0.89	0.80	0.82	0.89	0.83
N	3	3	3	3	3

**TABLE 23 : FRIEDMAN LIFE BALANCE SCALE  
MEANS AND STANDARD DEVIATIONS: N=563**

	FSAS TOTAL- (F1-F5)	FLBS-F1 (Reflect, Clarify, Sort)	FLBS-F2 (Understand/ Connect w/ Self-Others)	FLBS-F3 (Self-forgive/ compassion/ self-love)	SPIR. ITEMS
Means	53.27	18.17	18.08	17.03	6.91
Standard Deviations	14.70	3.78	4.00	4.54	2.46

**TABLE 24: FRIEDMAN SPIRITUAL AWAKENING SCALE MEANS AND STANDARD DEVIATIONS: N=563)**

	FSAS TOTAL- (F1-F5)	FSAS-F1 My True Nature	FSAS-F2 Spiritualit y/High Priority	FSAS=F3 (Higher Power/ Inspired Action)	FSAS-F4 Awareness /Inclusion	FSAS-F5 Perfection /Inner & Unfolding	FSAS-F6 Love, Empathy, Compassi on
Means	54.72	8.81	9.33	8.79	9.11	7.90	10.78
Standard Deviations	14.70	3.35	4.14	3.36	2.61	3.16	2.63

**TABLE 25: FRIEDMAN MINI 5 FACTOR SCALE MEANS AND STANDARD DEVIATIONS: N=563**

	EMOT. STAB.	OPENNESS	AGREE	EXTROV.	CONS.
Mean	9.4	11.0	11.77	10.33	11.56
Standard Deviation	3.01	2.72	2.45	3.25	2.47

**TABLE 26: Study with 563 Texas College Students: Questionnaires Administered and Correlated with the Friedman Life Balance Scale (17 items), Friedman Spiritual Awakening Scale (18 items) and Friedman Mini 5 Factor Personality Scale (15 items). Conducted by Jon Webb, Ph.D. (2018-2019). See References at End of Appendix.**

1. Self-Compassion (12 items-Short Form)
2. Gratitude (6 items)
3. Hope (12 items)
4. RiTE Measure of Spirituality (30 items)
5. Religious Background and Behaviors Questionnaire (13 items)
6. HFS-Heartland Forgiveness measure (18 items)
7. SBQ-Revised-Suicide Behavior Questionnaire – (4 items)
8. Psychache (13 items)
9. DASS21-Depression Anxiety Stress Scales 21 (21 items)
10. Wellness/Health Behaviors (12 items)
11. SWLS- Satisfaction with Life Scale (5 items)
12. Physical Health Questionnaire (somatic symptoms) (14 items)
13. SF-12 (Physical Health Status/Mental Health Status) (12 items)

**TABLE 27: FRIEDMAN LIFE BALANCE SCALE CORRELATIONS WITH OTHER SCALES: N=563)**

	FLBS-TOT (F1+F2+F3)	FLBS-F1 (Reflect/ Clarify/Sort)	FLBS-F2 (Understand/ Connect w/ Self-Others)	FLBS-F3 (Self-forgive/ compassion/ self-love)	SPIR. ITEMS
HOPE	0.52	0.50	0.41	0.48	0.23
SWLS	0.51	0.44	0.41	0.51	0.33
SF12-Mental Health	0.51	0.41	0.40	0.55	0.27
SELF-COMP	0.48	0.41	0.35	0.52	0.25
HFS-SELF	0.48	0.40	0.39	0.50	0.16
HFS-SIT	0.48	0.44	0.42	0.44	0.22
GRATITUDE	0.40	0.31	0.39	0.39	0.31
HFS-Other	0.32	0.26	0.33	0.27	0.19
Wellness Beh.	0.32	0.27	0.29	0.30	0.16
Phys. Hlth	0.26	,25	,19	0.25	0.13
RITE SPIR.	0.20	0.13	0.22	0.18	0.57
PSYACHE	-0.38	-0.33	-0.27	-0.42	-0.22
DASS21	-0.35	-0.28	-0.28	-0.38	-0.22
SBQ-R-Suicide	-0.26	-0.16	-0.18	-0.34	-0.08

**TABLE 28: FRIEDMAN LIFE BALANCE SCALE INTERCORRELATIONS: N=563**

	FLBS-TOT (F1+F2+F3)	FLBS-F1 (Reflect/ Clarify/Sort)	FLBS-F2 (Understand/ Connect w/ Self-Others)	FLBS-F3 (Self-forgive/ compassion/ self-love)	SPIR. ITEMS
FLBS-TOT (F1+F2+F3)	1.00	0.88	0.90	0.91	0.51
FLBS-F1 (Reflect/ Clarify/Sort)	0.88	1.00	0.69	0.69	0.38
FLBS-F2 (Understand/ Connect w/ Self-Others)	0.90	0.69	1.00	0.74	0.49
FLBS-F3 (Self-forgive/ compassion/ self-love)	0.91	0.69	0.74	1.00	0.49
SPIR. ITEMS	0.51	0.38	0.49	0.49	1.00



**TABLE 29: FRIEDMAN SPIRITUAL AWAKENING SCALE  
CORRELATIONS WITH OTHER SCALES: N=563)**

	Total F1- F5)	FSAS-F1 My True Nature	FSAS-F2 Spirituali ty/High Priority	FSAS-F3 Higher Power/ Inspired	FSAS-F4 Awarenes s/ Inclusion	FSAS-F5 Perfectio n/Inner and	FSAS-F6 Love, Empathy, Compass.
SWLS	0.49	0.32	0.31	0.43	0.27	0.54	0.37
Rel. Bkgd Year	0.44	0.24	0.65	0.42	0.12	0.23	0.14
Self- Comp.	0.40	0.31	0.20	0.31	0.33	0.43	0.17
RITE	0.39	0.21	0.63	0.39	0.36	0.13	0.24
Rel. Bkgd Life	0.39	0.24	0.62	0.38	0.07	0.20	0.14
HOPE	0.38	0.24	0.22	0.35	0.29	0.31	0.37
SF12-MH	0.38	0.27	0.20	0.33	0.26	0.43	0.28
Grat.	0.33	0.21	0.27	0.28	0.19	0.22	0.36
Forg. Sit.	0.33	0.24	0.17	0.25	0.29	0.28	0.34
Forg. Self	0.30	0.20	0.11	0.24	0.29	0.35	0.29

**TABLE 30: FRIEDMAN SPIRITUAL AWAKENING  
SCALE CORRELATIONS WITH THE RITE  
SPIRITUALITY SCALE (N=563)**

	FSAS- TOTAL (F1-5)	FSAS-F1 (My True Nature)	FSAS-F2 (Spirituality /High Priority)	FSAS-F3 (Higher Power/ Inspired Action)	FSAS-F4 (Awareness/ Inclusion)	FSAS-F5 Perfection/ Inner and Unfolding)
RITE TOTAL	0.39	0.21	0.63	0.39	0.06	0.13
RITE RITUALIS TIC	0.40	0.22	0.67	0.38	0.06	0.18
RITE THEISTIC	0.31	0.13	0.57	0.31	-0.01	0.07
RITE EXISTEN TIAL	0.23	0.17	0.16	0.22	0.16	0.01

**TABLE 31: FRIEDMAN MINI 5 FACTOR SCALE CORRELATIONS WITH OTHER SCALES: N=563**

	Emot. Stab.	Openness	Agreeable	Extroversion	Conscientious
SF12-Ment Hlth	0.56	0.20	0.21	0.27	0.33
SWLS	0.43	0.18	0.25	0.24	0.37
SELF-COMP	0.43	0.25	0.18	0.25	0.22
HFS-SELF	0.37	0.21	0.25	0.24	0.25
HFS-SIT	0.35	0.23	0.25	0.19	0.25
HOPE	0.31	0.30	0.26	0.31	0.43
Wellness Beh.	0.33	0.20	0.14	0.14	0.27
GRAT	0.24	0.21	0.35	0.20	0.32
HFS-OTH	0.19	0.19	0.34	0.12	0.20
SBQR-SUICIDE	-0.29	-0.09	-0.15	-0.12	-0.17
PSYCHACHE	-0.38	-0.08	-0.14	-0.14	-0.22
DASS21	-0.41	-0.08	-0.16	-0.14	-0.23

**TABLE 32: FRIEDMAN MINI 5 FACTOR SCALE INTERCORRELATIONS N=563**

	EMOT. STAB.	OPEN.	AGREE.	EXTROV.	CONS.
EMOT. STAB.	1.00	0.32	0.36	0.29	0.37
OPEN.	0.32	1.00	0.47	0.40	0.33
AGREE.	0.36	0.47	1.00	0.36	0.48
EXTROV.	0.29	0.40	0.36	1.00	0.31
CONS.	0.37	0.33	0.48	0.31	1.00

**TABLE 33: FRIEDMAN SCALES TOTAL SCORE INTERCORRELATIONS N=563**

	<b>FLBS (Friedman Life Balance)</b>	<b>FSAS (Friedman Spiritual Awakening)</b>	<b>F-SPIR (Friedman Spirituality-2 Items)</b>
<b>FLBS (Friedman Life Balance)</b>	1.00	0.68	0.51
<b>FSAS (Friedman Spiritual Awakening)</b>	0.68	1.00	0.64
<b>F-SPIR (Friedman Spirituality-2 Items)</b>	0.51	0.64	1.00

**References for Additional Scales Listed in the Appendix Used in the Texas College Student Study (2018-2019)**

1. Self-Compassion (12 items-short-form)

Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011) Construction and factorial validation of a short form of the Self-Compassion Scale. *Clinical Psychology & Psychotherapy*, 18, 250-255.

2. Gratitude (6 items)

McCullough, M.E., Emmons, R.A., & Tsang, J. (2002) The grateful disposition: A conceptual and empirical topography. *Journal of Personality and Social Psychology*, 82, 112-127

3. Hope (12 items)

Snyder, C. R., Harris, C., Anderson, J. R., Holleran, S. A., Irving, L. M., Sigmon, S. T., et al.(1991). The will and the ways: Development and validation of an individual- differences measure of hope. *Journal of Personality and Social Psychology*, 60, 570-585.

4. RiTE Measure of Spirituality (30 items)

Webb, J. R., Toussaint, L. L., & Dula, C. S. (2014). Ritualistic, theistic, and existential spirituality: Initial psychometric qualities of the RiTE measure of spirituality. *Journal of Religion & Health*, 53(4), 972-985. doi:10.1007/s10943-013-9697

5. Religious Background and Behaviors Questionnaire (13 items)

Connors, G. J., Tonigan, J. S., & Miller, W. R. (1996). A measure of religious background and behavior for use in behavior change research. *Psychology of Addictive Behaviors*, 10(2), 90-96. doi:10.1037/0893-164x.10.2.90

6. HFS-Heartland Forgiveness Measure (18 items)

Thompson, L. Y., Snyder, C. R., Hoffman, L., Michael, S. T., Rasmussen, H. N., Billings, L.S., Heinz, L., Neufeld, J. E., Shorey, H. S., Roberts, J. C., & Robert, D. E. (2005) Dispositional forgiveness of self, others, and situations: The Heartland Forgiveness Scale. *Journal of Personality*, 73, 313-359.

7. SBQ-Revised-Suicide Behavior Questionnaire – (4 items)

Osman, A., Bagge, C. L., Gutierrez, P. M., Konick, L. C., Kopper, B. A., & Barrios, F. X. (2001). The Suicidal Behaviors Questionnaire--Revised (SBQ-R): Validation with clinical and nonclinical samples. *Assessment*, 8(4), 443-454. doi:10.1177/107319110100800409

8. Psychache (13 items)

Holden, R. R., Mehta, K., Cunningham, E. J., & McLeod, L. D. (2001). Development and preliminary validation of a scale of psychache. *Canadian Journal of Behavioural Science/Revue Canadienne des Sciences du Comportement*, 33(4), 224-232. doi:10.1037/h0087144

9. DASS21-Depression Anxiety Stress Scales 21 (21 items)

Lovibond, S. H., & Lovibond, P. F. (1995). *Manual for the Depression Anxiety Stress Scales* (2nd ed.). Sydney: Psychology Foundation. <http://www2.psy.unsw.edu.au/groups/dass/>.

10. Wellness/Health Behaviors (12 items)

Sirois, F. M. (2001). *The Wellness Behaviors Inventory*. Unpublished manual. Psychology. Carleton University. Ottawa.

11. SWLS-Satisfaction with Life Scale (6 items)

Diener, E., Emmons, R. A., Larsen, R.J., & Griffin, S. (1985). Satisfaction with life scale. *Journal of Personality Assessment*, 149, 71-75.

12. Physical Health Questionnaire (somatic symptoms) (14 items)

Schat, A. C. H., Kelloway, E. K., & Desmarais, S. (2005). The Physical Health Questionnaire (PHQ): Construct validation of a self-report scale of somatic symptoms. *Journal of Occupational Health Psychology*, 10(4), 363-381. doi:10.1037/1076-8998.10.4.363

13. SF-12 (Physical Health Status/Mental Health Status) (12 items)

Ware, J. E., Jr., Kosinski, M., & Keller, S. D. (1996). A 12-item short-form health survey: Construction of scales and preliminary tests of reliability and validity. *Medical Care*, 34(3), 220-233. doi:10.1097/00005650-199603000-00003

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