Transformative Power of Suffering Scale

Please rate the extent to which you agree with each statement, using the scale from 1 to 7 as shown below.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly disagree</td>
<td>Somewhat disagree</td>
<td>A little disagree</td>
<td>Neither Agree or Disagree</td>
<td>A little agree</td>
<td>Somewhat agree</td>
<td>Strongly agree</td>
</tr>
</tbody>
</table>

1-Sometimes sadness and suffering can lead us to happiness.  
2-Sadness can be a transcendent state with some benefits for one’s ultimate perfection and happiness.  
3-It is necessary to go through sadness, hardship, and misfortune to achieve happiness.  
4-Without sadness and suffering one cannot become perfect.  
5-If suffering is taken with patience and gratitude, it gets converted to happiness.

Reference

10.1016/j.paid.2016.06.065