

## 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.

1	2	3	4	5	6	7
Strongly disagree	Somewhat disagree	A little disagree	Neither Agree or Disagree	A little agree	Somewhat agree	Strongly agree

1-Sometimes sadness and suffering can lead us to happiness.	1	2	3	4	5	6	7
2-Sadness can be a transcendent state with some benefits for one's ultimate perfection and happiness.	1	2	3	4	5	6	7
3-It is necessary to go through sadness, hardship, and misfortune to achieve happiness.	1	2	3	4	5	6	7
4-Without sadness and suffering one cannot become perfect.	1	2	3	4	5	6	7
5-If suffering is taken with patience and gratitude, it gets converted to happiness.	1	2	3	4	5	6	7

### Reference

Joshanloo, M. (2014). Differences in the endorsement of various conceptions of well-being between two Iranian groups. *Psychology of Religion and Spirituality*, 6(2), 138-149.  
[10.1016/j.paid.2016.06.065](https://doi.org/10.1016/j.paid.2016.06.065)