# Appendix A: The SAWS-15 Inventory

**Experience Dimension**

Q1. I have overcome many painful events in my life.

Q6. I have had to make many important life decisions.

Q26. I have lived through many difficult life transitions.

**Reminiscence/Reflection Dimension**

Q8. I often think about my personal past.

Q13. I reminisce quite frequently.

Q23. I often recall earlier times in my life to see how I’ve changed since then.

**Emotional Regulation Dimension**

Q12. I am “tuned” in to my own emotions

Q17. I am very good at reading my emotional states.

Q27. I am good at identifying subtle emotions within myself.

**Openness Dimension**

Q5. I like to read books which challenge me to think differently about issues.

Q15. I enjoy sampling a wide variety of different ethnic foods.

Q35. I’m very curious about other religions and/or philosophical belief systems.

**Humour Dimension**

Q4. I can chuckle at personal embarrassment.

Q14. I try and find a humorous side when coping with a major life transition.

Q24. At this point in my life, I find it easy to laugh at my mistakes.

*Note.* Scoring involves summing over all items, using raw scores to obtain a total SAWS-15 score. The numbering comes from the 40-item SAWS. The SAWS-9 deleted the Openness and Humour dimensions.