

The Silver Lining Questionnaire

What is this questionnaire all about?

Although illness can be a distressing experience, some people who have or have had an illness talk about its positive aspects. This questionnaire asks you to think about this positive side of illness.

How do I complete this questionnaire?

On the next two pages, there are 38 statements about the experience of being ill. Please indicate the extent to which you agree or disagree with each statement by circling a number between 5 “strongly agree” and 1 “strongly disagree”. There are no right or wrong answers, your own personal views are important.

An example to help you:

I appreciate other people	strongly	agree	not	disagree	strongly
more because of my illness	agree		sure		disagree
	5	4	3	2	1

If you strongly feel that you appreciate other people more now as a result of your illness, you would circle the number five.

Please complete: **Age**

Sex (tick) Male ☐

Female ☐

Please write any illnesses you have

Please circle <i>one</i> number for <i>each</i> statement					
	strongly agree	agree	not sure	disagree	strongly disagree
1. I appreciate life more because of my illness	5	4	3	2	
2. My illness gave me a new start in life	5	4	3	2	
3. My life is much better now than it was before	5	4	3	2	
4. My illness has made me live life to its fullest	5	4	3	2	
5. Because of my illness I find it easier to accept what life has in store	5	4	3	2	
6. My illness made me think about the true purpose of life	5	4	3	2	
7. My religious/spiritual beliefs deepened because of my illness	5	4	3	2	
8. I am now more open to other religions because of my illness	5	4	3	2	
9. My illness made me a better person	5	4	3	2	
10. I became a happier person because of my illness	5	4	3	2	
11. I am a calmer person because of my illness	5	4	3	2	
12. My illness made me more mature	5	4	3	2	
13. My illness made me a more tolerant person	5	4	3	2	
14. My illness made me realise that I matter as a person	5	4	3	2	

15. My illness gave me more confidence	5	4	3	2
16. I am less concerned about failure because of	5	4	3	2
17. My illness gave me permission to do things f	5	4	3	2
18. My illness made me a more determined perso	5	4	3	2
19. My illness helped me find myself	5	4	3	2
20. My illness made me more aware of my stren	5	4	3	2
21. Through my illness I discovered a talent I dic had	5	4	3	2
22. I can face whatever is around the corner beca illness	5	4	3	2

Please turn over

Please circle *one* number for *each*
statement

	strongly agree	agree	not sure	disagree	strongly disagree
23. My illness encouraged me to reflect on how I see myself.	5	4	3	2	1
24. My illness made me face up to problem areas	5	4	3	2	1
25. My illness strengthened my relationships with others	5	4	3	2	1
26. My illness made me less concerned with the opinions of others	5	4	3	2	1
27. Because of my illness I have more to offer others	5	4	3	2	1
28. My illness made me more at ease with others	5	4	3	2	1
29. I see others in their true colours because of my illness	5	4	3	2	1
30. My illness gave me the opportunity to meet new people	5	4	3	2	1
31. My illness taught me how to stand up for my beliefs	5	4	3	2	1
32. My illness made me put an end to troublesome relationships	5	4	3	2	1
33. My illness made me less judgmental of other people	5	4	3	2	1
34. I have been an inspiration to others	5	4	3	2	1
35. People can be more open with me since my illness	5	4	3	2	1
36. My illness changed other people for the better	5	4	3	2	1
37. My illness changed other people's perception of me for the better	5	4	3	2	1
38. Other people appreciate me more because of my illness	5	4	3	2	1

Thank you for completing this questionnaire