

Reinert S Scale

Instructions: In each of the following pairs of attitudes, choose the one that you **MOST AGREE** with. Mark your answer by writing **EITHER A or B** in the space provided. Only mark **ONE ANSWER** for each attitude pair, and please **DO NOT** skip any items.

1. A If a few key people would change, I would be a lot happier.
B I need to change some things about myself if I am going to be happier.
2. A I know some people who could make an effort to understand me better.
B There are times when I could make an effort to understand other people better.
3. A I have not changed very much over the years.
B I am more peaceful now than I used to be.
4. A I have good reasons when I am very critical with others.
B Sometimes I have been disappointed in myself for being very critical with others.
5. A I tend to adjust fairly easily to an unexpected change in my plans.
B I tend to get frustrated or upset when I have to unexpectedly change my plans.
6. A A God is probably actively involved in the events of the world.
B A God is probably not involved in the events of the world.
7. A I have made sense of life for myself.
B Life itself has meaning which I discover.
8. A The advances that the world has seen in past years make the future look promising.
B Anyone can see that the world is in a more hopeless condition than it was years ago.
9. A I tend to accept life as it is.
B I tend to struggle with life.
10. A Some things in my life are beyond my control.
B I am the one who is in control of my life.
11. A I don't think things bother me as much now as they used to.
B I don't think anyone realizes the stress I am under.
12. A People can do anything they want, provided they don't hurt others.
B When people hurt themselves, they affect the rest of us also.
13. A I take some time in my schedule to relax or play.
B So many people count on me that I do not have time to relax or play.
14. A When I feel lonely, I find that I need someone to talk to.
B When I feel lonely, I find that I am strong enough to handle it by myself.
15. A If I feel inferior, I have lost sight of my positive qualities.
B If I feel inferior, I remind myself that I am superior to others.
16. A I am less critical of myself now than I used to be.
B I tend to be very critical of myself.

17. A Not everything has a logical explanation, so I do some things on faith.
 B There is a logical explanation for everything, so I have a reason for everything I do.
18. A I have gone through some pain and suffering; I have grown because of it.
 B I have gone through some pain and suffering; I have emotional scars to prove it.
19. A I deserve all the fun and excitement I can get.
 B I am willing to give up some of my fun and excitement to help someone with a problem.

PLACE AN (X) NEAR THE ANSWER THAT IS CLOSER TO YOUR EXPERIENCE.

20. I have had a spiritual experience which changed my life.
 True____ False____ Don't know____
21. I have surrendered my life to a purpose much bigger than myself.
 True____ False____ Don't know____
22. I have had an experience that made me feel like everything was going to be okay.
 True____ False____ Don't know____
23. I have gone through serious crises which have changed me for the better.
 True____ False____ Don't know____
24. It is important for me to be in control of the events of my daily life.
 True____ False____ Don't know____
25. I believe I need to relate to a power outside myself in order to manage my life.
 True____ False____ Don't know____

REINERT S SCALE

Thank you for your interest in the surrender scale, the Reinert S Scale. Our psychometric studies suggest that the 25-item scale is the best version to date. See: Reinert, D.F. (1997). The Surrender Scale: Reliability, Factor Structure, and Validity. *Alcoholism Treatment Quarterly*, 15(3), 15-32.

Score in the surrender direction (1 point) these items marked "A":

Items: 5, 6, 8, 9, 10, 11, 13, 14, 15, 16, 17, 18

Score in the surrender direction (1 point) these items marked "B":

Items: 1, 2, 3, 4, 7, 12, 19

Score in the surrender direction (1 point) these items marked "True"

(score any other answer 0):

Items: 20, 21, 22, 23, 25

Score in the surrender direction (1 point) if this is marked "False"

(score any other answer 0):

Item 24

One point is given for each item marked in the surrender direction. The total score on the instrument is the sum of the responses in the surrender direction.