

**Online Supplementary Material**

Meza JP, Fahoome GF. The development of an instrument for measuring healing. *Ann Fam Med.* 2008;6(4):355-360.

<http://www.annfammed.org/cgi/content/full/6/4/355/DC1>

<b>The Self-Integration Scale, Version 2.1</b>					
<p><b><i>Mark the box in the column that most closely describes how often the statement describes the way you are.</i></b>  <b><i>If you are uncertain how to answer, mark your best guess—please respond to each statement.</i></b></p>					
<b><i>This statement describes the way I am:</i></b>	<b>Very Rarely</b>	<b>Some-times</b>	<b>About Half the Time</b>	<b>More Often Than Not</b>	<b>Most of the Time</b>
1. When my future is uncertain, I have a basic sense of trust that things will turn out OK.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. When someone hurts me, I have a hard time forgetting about it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I have trouble forgetting about my mistakes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I feel that others control my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I know someone who will take the time to understand all my pains, sorrows and joys.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I have a purpose or mission for my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Talking about my troubles with someone I trust helps me to understand myself and my life in a new way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I like to laugh and play.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Someone supports me when I try to change my behavior.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I know how to ask for help when I need it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I find myself repeatedly doing things that aren't good for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. When I think about certain episodes from earlier in my life I still get upset and angry.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I have trouble relaxing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I feel incomplete as a person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I've learned how to take care of myself emotionally.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I believe that life is often not fair to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I feel like people often take advantage of me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I have someone that I can tell my deepest darkest secrets and still feel safe.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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