Comprehensive Inventory of Thriving (CIT)

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Reference:

Please indicate your agreement or disagreement with each of the following statements using the scale below.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree

I. Relationship

Support
1. There are people I can depend on to help me
2. There are people who give me support and encouragement
3. There are people who appreciate me as a person

Community
1. I pitch in to help when my local community needs something done
2. I invite my neighbors to my home
3. I look for ways to help my neighbors when they are in need

Trust
1. I can trust people in my society
2. People in my neighborhood can be trusted
3. Most people I meet are honest

Respect
1. People respect me
2. People are polite to me
3. I am treated with the same amount of respect as others

Loneliness
1. I feel lonely
2. I often feel left out
3. There is no one I feel close to
**Belonging**
1. I feel a sense of belonging in my community
2. I feel a sense of belonging in my state or province
3. I feel a sense of belonging in my country

**II. Engagement**

**Engagement**
1. I get fully absorbed in activities I do
2. In most activities I do, I feel energized
3. I get excited when I work on something

**III. Mastery**

**Skills**
1. I use my skills a lot in my everyday life
2. I frequently use my talents
3. I get to do what I am good at everyday

**Learning**
1. I learned something new yesterday
2. Learning new things is important to me
3. I always learn something everyday

**Accomplishment**
1. I am achieving most of my goals
2. I am fulfilling my ambitions
3. I am on track to reach my dreams

**Self-Efficacy**
1. I can succeed if I put my mind to it
2. I am confident that I can deal with unexpected events
3. I believe that I am capable in most things

**Self-Worth**
1. What I do in life is valuable and worthwhile
2. The things I do contribute to society
3. The work I do is important for other people

**IV. Autonomy**

**Control**
1. Other people decide most of my life decisions (R)
2. The life choices I make are not really mine (R)
3. Other people decide what I can and cannot do (R)
V. Meaning

**Meaning and Purpose**
1. My life has a clear sense of purpose
2. I have found a satisfactory meaning in life
3. I know what gives meaning to my life

VI. Optimism

**Optimism**
1. I am optimistic about my future
2. I have a positive outlook on life
3. I expect more good things in my life than bad

VII. Subjective Well-Being

**Life satisfaction**
1. In most ways my life is close to my ideal
2. I am satisfied with my life
3. My life is going well

**Positive feelings**
1. I feel positive most of the time
2. I feel happy most of the time
3. I feel good most of the time

**Negative feelings**
1. I feel negative most of the time (R)
2. I experience unhappy feelings most of the time (R)
3. I feel bad most of the time (R)

*Note.* Reversely scored items are noted with an (R). The CIT subscales may be used alone or in combination with each other. Dimension names and subscale titles are presented for clarification purpose and were removed during data collection in the current study.