**Interconnectedness Scale**

(English Version)

**Below are some statements related to your daily thoughts, please read them carefully, and choose the answer that can represent your opinion the best.**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | **Totally Disagree** | **Moderately Disagree** | **Disagree**  **a little** | **Agree**  **a little** | **Moderately Agree** | **Strongly Agree** |
| ERI | 1. | I understand that goodness and badness are inter-changing, therefore I try to face good and bad happenings with peaceful mind. | ① | ② | ③ | ④ | ➄ | ➅ |
| IS | 2. | I believe/think that the person I am today is a combination of past experiences. | ① | ② | ③ | ④ | ➄ | ➅ |
| ERI | 3. | I am grateful for all encounters in life because they make me who I am today. | ① | ② | ③ | ④ | ⑤ | ➅ |
| IS | 4. | All happenings are closely interrelated, therefore I do not deny any of my experience. | ① | ② | ③ | ④ | ➄ | ➅ |
| ISR | 5. | When I see someone ruining the natural environment, I think he/she is harming him/herself. | ① | ② | ③ | ④ | ➄ | ➅ |
| IS | 6. | I (e.g. my effort/ ability) am only one of the (many) causes that contribute to a success/failure. | ① | ② | ③ | ④ | ⑤ | ➅ |
| ISR | 7. | I care about social issues because they are intimately related to me. | ① | ② | ③ | ④ | ➄ | ➅ |
| IS | 8. | I understand that it takes numerous factors working together to succeed, so I cannot fully control the result. | ① | ② | ③ | ④ | ➄ | ➅ |
| ERI | 9. | I try to keep calm in both ups and downs because I know fluctuating emotions bring suffering. | ① | ② | ③ | ④ | ⑤ | ➅ |
| ISR | 10. | Since everything in this world is affecting one another, I actively pay attention to every happening in the world. | ① | ② | ③ | ④ | ➄ | ➅ |
| ISR | 11. | I conserve/save energy because I know that a lot of people in this world are paying the price for my consumption. | ① | ② | ③ | ④ | ➄ | ➅ |
| ERI | 12. | I do not blame myself when things go wrong because the result is contributed by many factors. | ① | ② | ③ | ④ | ⑤ | ➅ |

ERI = Emotional response to interconnectedness

IS = Interconnectedness within the Self

ISR = Interconnectedness in social relations

**Scoring:**

mean of subscale items, mean of total items