

## Vulnerability Awareness Scale

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Please use the following scale to rate each statement. Try to be as honest as possible and use the “undecided” midpoint sparingly.

	1	2	3	4	5
	Not characteristic of me	Rarely characteristic of me	Undecided	Somewhat characteristic of me	Very characteristic of me
1. I realize that life is fragile and short. That is why I want to make the best use of the time available to me.					1 2 3 4 5
2. The pandemic has made me aware of the emptiness of my selfish materialistic lifestyle and my need to live a more meaningful life.					1 2 3 4 5
3. The current crisis has revealed that I don't have a solid foundation to survive the storms of life; that is why I am searching for a spiritual anchor.					1 2 3 4 5
4. I am not afraid to show my weaknesses because no one is perfect.					1 2 3 4 5
5. There is no need to hide my vulnerabilities because I don't want to pretend to be someone I am not.					1 2 3 4 5
6. It takes courage to be authentic, but this is far better than being a hypocrite or phony.					1 2 3 4 5
7. We are all vulnerable to the pathogens and viruses. That is why I take all the precautions and health care measures.					1 2 3 4 5
8. I readily admit my inferiority or inadequacy, but I have learned to accept my limitations and improve myself daily.					1 2 3 4 5
9. Deep down I feel all alone, and no one really understands me. That is why I talk to God and reach out to connect with others.					1 2 3 4 5
10. Whenever I feel hopeless in desperate situations, I can only cry out to God for help.					1 2 3 4 5
11. In the end we all die, but I still believe that life is worth living as long as I am driven by the purpose of making this world a better place.					1 2 3 4 5
12. I have done things I am ashamed of, but I am willing to ask for forgiveness and make amends.					1 2 3 4 5
13. I am grateful for all my scars and fresh wounds because they teach important lessons of life such as forgiveness, humility, and wisdom.					1 2 3 4 5
14. In accepting my inadequacy and limitations, I actually become stronger by depending on others and God with humility and gratitude.					1 2 3 4 5
15. The world is full of suffering, but without it, I will not be able to develop my character, resilience, and experience deep joy.					1 2 3 4 5
16. I realize that feeling anxious or depressed sometimes is just part of the human condition; therefore, I am able to live with my unpleasant emotions and get on with my life.					1 2 3 4 5
17. Once I realize that life is a constant struggle, I no longer complain or seek to escape from addiction or distractions.					1 2 3 4 5
18. There is beauty in being honest with what we are really like, warts and all.					1 2 3 4 5

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|--|---|---|---|---|---|
| 19. I am not ashamed to let people know about my failures and brokenness, so that others may take comfort that we are broken in some places. | 1 | 2 | 3 | 4 | 5 |
| 20. To me, real toughness means that we are not afraid of rejections and failures in pursuing a worthy life goal.                            | 1 | 2 | 3 | 4 | 5 |
| 21. I begin to realize that boredom may not be a bad thing because it gets me thinking about life and doing something creative.              | 1 | 2 | 3 | 4 | 5 |
| 22. I am willing to risk my reputation or my job by taking responsibility for my mistakes.   | 1 | 2 | 3 | 4 | 5 |

## Existential Coping Subscale: Scoring Key

Meaning (4 items):

2, 6, 10, 12

Acceptance (9 items):

1, 3, 4, 5, 7, 8, 9, 11, 13

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**Reference:** Wong, P. T. P., Reker, G. T., & Peacock, E. (2006). The resource-congruence model of coping and the development of the Coping Schemas Inventory. In P. T. P. Wong, & L. C. J. Wong (Eds.), *Handbook of multicultural perspectives on stress and coping* (pp. 223-283). New York, NY: Springer.