

Kanter Modified Daily Spiritual Experiences Scale

The list that follows includes items you may or may not experience. Please consider how often you directly have this experience, and try to disregard whether you feel you should or should not have these experiences.

- 1 – Many times a day
- 2 – Every day
- 3 – Most days
- 4 – Some days
- 5 – Once in a while
- 6 – Never or almost never

- 1. I feel the presence of others in my life.
- 2. I experience a connection to all of life.
- 3. When connecting with others, I feel joy which lifts me out of my daily concerns.
- 4. I find strength in my relationships and connections with others.
- 5. I find comfort in my relationships and connections with others.
- 6. I feel deep inner peace or harmony.
- 7. I ask for help from others in the midst of daily activities.
- 8. I feel guided by the help of others in the midst of daily activities.
- 9. I feel other people's love for me, directly.
- 10. I feel love for others.
- 11. I am touched by the beauty of my relationships and connections with others.
- 12. I feel thankful for my relationships and connections with others.
- 13. I feel a selfless caring for others.
- 14. I accept others even when they do things I think are wrong.
- 15. I desire to be closer to others.

In general, how close do you feel to other people in your life?

- 1 – Not at all
- 2 – Somewhat close
- 3 – Very close
- 4 – As close as possible