Thinking about your general everyday experience, please rate how TRUE each statement below is for you.

		(1) Never true	(2) Very rarely true	(3) Seldom true	(4) Sometimes true	(5) Often true	(6) Almost always true	(7) Always true
1	I see a connection between who I was in the past and who I am today	0	0	0	0	0	0	0
2	Even though there have been many changes in my life, I'm aware of a part of me that has witnessed it all	0	0	0	0	0	0	0
3	I feel compassion for people who have harmed me	0	0	0	0	0	0	0
4	I allow my emotions to come and go without struggling with them	0	0	0	0	0	0	0
5	I am able to separate myself from my thoughts and feelings	0	0	0	0	0	0	0
6	I feel connected even to people I don't know	0	0	0	0	0	0	0
7	Though I have had many roles in my life, I have a sense of self that is stable and enduring	0	0	0	0	0	0	0
8	I have a basic sense of myself that doesn't change even though my thoughts and feelings do	0	0	0	0	0	0	0
9	It seems like all living beings on Earth are related	0	0	0	0	0	0	0
10	When I feel distressed I can notice what is happening without being overwhelmed	0	0	0	0	0	0	0
11	It seems like part of me is always the same, no matter where I am	0	0	0	0	0	0	0
12	I experience my self as more than my thoughts and feelings	0	0	0	0	0	0	0
13	I feel connected to all living beings, including plants and animals	0	0	0	0	0	0	0
14	It seems like part of me holds all the experiences I have	0	0	0	0	0	0	0

15	I can observe experiences in my body and mind as events that come and go	0	0	0	0	0	0	0
16	I empathize with people who I haven't met	0	0	0	0	0	0	0
17	I am able to step back from my emotions and observe them from a separate point of view	0	0	0	0	0	0	0
18	As I look back on my life, I am aware of a basic part of me that remains unchanged	0	0	0	0	0	0	0
19	I feel connected to people who speak a different language than me	0	0	0	0	0	0	0
20	I see a connection between who I am at all places and times	0	0	0	0	0	0	0
21	I am able to notice my changing thoughts without getting caught up in them	0	0	0	0	0	0	0

Instructions for Scoring the Questionnaire on Self-Transcendence (QUEST)

Participants provide scores ranging from 1-7 for each item, as indicated by the numbers above the Likert response options. Subscales for the three sub-factors (Distancing, Observing Self, and Inter-transcendence) may be computed. A total score may also be computed.

Distancing subscore: Sum of items 4, 5, 10, 12, 15, 17, 21

Observing Self subscore: Sum of items 1, 2, 7, 8, 11, 14, 18, 20

Inter-transcendence subscore: Sum of items 3, 6, 9, 13, 16, 19

Total score: Sum of all items

Please cite the QUEST in any publication as follows:

Fishbein, J.N., Baer, R.A., Correll, J., & Arch, J.J. (in press). The Questionnaire on Self-Transcendence (QUEST): A measure of trait self-transcendence informed by contextual cognitive behavioral therapies. *Assessment*.

The QUEST developers kindly request that users of the QUEST in research settings notify the authors via email joel.fishbein@colorado.edu. Questions about the QUEST may be directed to the same email address.