

General Happiness Scale

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

| 1. | In general, I conside | er myself: | | | | |
|---------|---|----------------|---------------|-----|--------|--------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Not a h | appy person | | | | A very | happy person |
| 2. | Compared to most | of my peers, I | consider myse | lf: | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Less ha | рру | | | | | More happy |
| 3. | Some people are ge getting the most ou you? | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Not at | all | | | | | A great deal |
| 4. | some people are ge never seem as happ describe you? | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| A great | deal | | | | | Not at all |

To score the test, total your answers for the questions and divide by 4. The mean for adult Americans is 4.8. Two-thirds of people score between 3.8 and 5.8

Satisfaction with Life Scale

Below are five statements that you may agree or disagree with. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding the item.

| 7 = strongly agree 6 = agree 5 = slightly agree 4 = neither agree nor disagree 3 = slightly disagree 2 = disagree 1 = strongly disagree | 30-35 Extremely satisfied, much above average 25-29 Very Satisfied, above average 20-24 somewhat satisfied, average for American Adults 15-19 slightly dissatisfied, a bit below average |
|---|--|
| In most ways, my life is close to my ideal The conditions of my life are excellent | 10-14 Dissatisfied, clearly below average |
| I am completely satisfied with my life | 5-9 Very dissatisfied, much |
| so far, I have gotten the important things I want | below average |
| in life | |
| If I could live my life over, I would change nothing Total | |

Regarding the preceding Satisfaction with Life Scale: Tens of thousands of individuals across several cultures have taken this test. Here are representative norms: Among older American adults, men score 28 on average and women score 26. The average North American college student scores between 23 and 25; Eastern European and Chinese students on average score between 16 and 19. Male prison inmates score about 12 on average, as do hospital inpatients. Psychological outpatients score between 14 and 18 on average, and abused women and elderly caregivers (both surprisingly) score about 21 on average.

The Gratitude Survey

Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it

- 1 = strongly disagree
- 2 = disagree
- 3 = slightly disagree
- 4 = neither agree nor disagree
- 5 = slightly agree
- 6 = disagree
- 7 = strongly agree

| 1. I have so much in life to be thankful for. |
|--|
| 2. If I had to list everything that I felt grateful for, it would be a very long list. |
| 3. When I look at the world, I don't see much to be grateful for. |
| 4. I am grateful to a wide variety of people. |
| 5. As I get older, I find myself more able to appreciate the people, events, and |
| situations that have been part of my life history |
| 6. Long amounts of time can go by before I feel grateful to something or someone. |

Scoring Instructions

- 1. add your scores for items 1,2,4, and 5
- 2. Reverse your scores for items 3 and 6 (a 7 becomes a 1, a 2 becomes a 6, etc.) Total these scores
- 3. Add the scores from 1 and 2 together for your Gratitude Quotient.

Based on a sample of 1224 adults who took this survey, here are some benchmarks for your score: If you scored 35 or below, then you are in the bottom one-fourth of the sample in terms of gratitude. If you scored between 36 and 38, you are in the bottom one-half. If you scored between 39 and 41, you are in the top one-fourth, and if you scored 42, you are in the top one-eighth. Women score slightly higher than men, and older people score higher than younger people.

General Happiness Scale - Lyubomirsky and Lepper (1999) A measure of subjective happiness: Preliminary reliability and construct validation. Social Indicators Research.

<u>Satisfaction with Life Scale</u> - Eiener, Emmons, Larsen, and Griffin (1985) The satisfaction with life scale. *Journal of Personality Assessment*.

<u>The Gratitude Scale</u> - McCullough, Emmons, and Tsang (2002) The Grateful Disposition: a conceptual and empirical topography, *Journal of Personality and Social Psychology*.