

SUBJECTIVE HAPPINESS SCALE

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

In general, I consider myself:

1	2	3	4	5	6	7
not a very happy person						a very happy person

Compared with most of my peers, I consider myself:

1	2	3	4	5	6	7
less happy						more happy

Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

1	2	3	4	5	6	7
not at all						a great deal

Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1	2	3	4	5	6	7
a great deal						not at all

HOW TO CALCULATE YOUR SCORE:

Compute the average (or mean) of the four items.

My total happiness score is _____. Date: _____

SATISFACTION WITH LIFE SCALE

For the following questions, please rate your agreement with each statement below. Use this scale:

1	2	3	4	5	6	7
strongly disagree	disagree	slightly disagree	neither agree or disagree	slightly agree	agree	strongly agree

_____ In most ways my life is close to my ideal.

_____ The conditions of my life are excellent.

_____ I am satisfied with my life.

_____ If I could live my life over, I would change almost nothing.

_____ So far I have gotten the important things I want in life.

HOW TO CALCULATE YOUR SCORE:

Compute the average (or mean) of the five items.

My total life satisfaction score is _____. Date: _____

CENTER FOR EPIDEMIOLOGIC STUDIES DEPRESSION SCALE

This set of questions is related to how you *felt or behaved* in the **past week. Using the scale below, write the number which best describes how often you felt or behaved this way **during the past week**.**

0	1	2	3
rarely or none of the time	some or a little of the time	a moderate amount of the time	most or all of the time
(less than 1 day)	(1-2 days)	(3-4 days)	(5-7 days)

_____ 1. You were bothered by things that usually don't bother you.

_____ 2. You did not feel like eating; your appetite was poor.

_____ 3. You felt that you could not shake off the blues even with help from your family and friends.

___ 4. You felt that you were just as good as other people. (X)

___ 5. You had trouble keeping your mind on what you were doing.

0	1	2	3
rarely or none of the time (less than 1 day)	some or a little of the time (1-2 days)	a moderate amount of the time (3-4 days)	most or all of the time (5-7 days)

___ 6. You felt depressed.

___ 7. You felt that everything you did was an effort.

___ 8. You felt hopeful about the future. (X)

___ 9. You thought your life had been a failure.

___ 10. You felt fearful.

___ 11. Your sleep was restless.

___ 12. You were happy. (X)

___ 13. You talked less than usual.

___ 14. You felt lonely.

___ 15. People were unfriendly.

___ 16. You enjoyed life. (X)

___ 17. You had crying spells.

___ 18. You felt sad.

___ 19. You felt that people disliked you.

___ 20. You could not get "going."

HOW TO CALCULATE YOUR SCORE:

STEP 1: Your scores on Items 4, 8, 12, and 16 (the ones marked with an X) should be "reverse-scored" – that is, if you gave yourself a 0, cross it out and change it to a 3; if you gave yourself a 1, change that to a 2; change a 2 to a 1; and change a 3 to a 0.

STEP 2: Using the changed scores for those four items, now add your scores for *all* the 20 items.

My total depression score is _____. Date: _____

___ NATURAL ___ ENJOY ___ VALUE ___ GUILTY ___ SITUATION

7. Learning to forgive: Keeping a journal or writing a letter in which you work on letting go of anger and resentment toward one or more individuals who have hurt or wronged you.

___ NATURAL ___ ENJOY ___ VALUE ___ GUILTY ___ SITUATION

8. Doing more activities that truly engage you: Increasing the number of experiences at home and work in which you “lose” yourself, which are challenging and absorbing (i.e., flow experiences).

___ NATURAL ___ ENJOY ___ VALUE ___ GUILTY ___ SITUATION

9. Savoring life’s joys: Paying close attention, taking delight, and replaying life’s momentary pleasures and wonders, through thinking, writing, drawing, or sharing with another.

___ NATURAL ___ ENJOY ___ VALUE ___ GUILTY ___ SITUATION

10. Committing to your goals: Picking one, two, or three significant goals that are meaningful to you and devoting time and effort to pursuing them.

___ NATURAL ___ ENJOY ___ VALUE ___ GUILTY ___ SITUATION

11. Practicing religion and spirituality: Becoming more involved in your church, temple, or mosque or reading and pondering spiritually themed books.

___ NATURAL ___ ENJOY ___ VALUE ___ GUILTY ___ SITUATION

12. Taking care of your body: Engaging in physical activity, meditating, and smiling and laughing.

___ NATURAL ___ ENJOY ___ VALUE ___ GUILTY ___ SITUATION

HOW TO CALCULATE YOUR “FIT” SCORE AND DETERMINE YOUR SET OF BEST-FITTING ACTIVITIES:

STEP 1: For *each* of the 12 activities, subtract the average of the GUILTY and SITUATION ratings from the average of the NATURAL, ENJOY, and VALUE ratings. In other words, for each of the 12 activities:

$$FitScore = \frac{(Natural + Enjoy + Value)}{3} - \frac{Guilty + Situation}{2}$$

STEP 2: Write down the four activities with the highest FIT SCORES:

1) _____ 3) _____

2) _____ 4) _____