

Positive Psychological Assessments

Questionnaires marked *** I only have as paper copy, but they should be available on the internet.

1) Satisfaction with Life Scale (SWLS)(Diener, Emmons, Larsen, & Griffin, 1984)

Below are five statements with which you may agree or disagree. Using the scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your response.

- 7 Strongly agree
- 6 Agree
- 5 Slightly agree
- 4 Neither agree nor disagree
- 3 Slightly disagree
- 2 Disagree
- 1 Strongly disagree

- _____ In most ways, my life is close to my ideal.
- _____ The conditions of my life are excellent.
- _____ I am satisfied with my life.
- _____ So far, I have gotten the important things I want in life.
- _____ If I could live my life over, I would change almost nothing.

Now add up your total score for the five items: _____

Interpretation

- 31–35 Extremely satisfied
- 26–30 Satisfied
- 21–25 Slightly satisfied
- 20 Neutral; an equal mix of satisfaction and dissatisfaction
- 15–19 Slightly dissatisfied
- 10–14 Dissatisfied
- 5–9 Extremely dissatisfied

2) Temporal Satisfaction With Life Scale (Pavot, Diener, & Suh, 1998)

Below are fifteen statements with which you may agree or disagree. These statements concern either your past, present, or future. Using the 1-7 scale below, please indicate your agreement with each item by placing the appropriate number on the line following that item. Please be open and honest in your responding. The 7-point scale:

<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>
<i>Strongly disagree</i>	<i>Disagree</i>	<i>Slightly disagree</i>	<i>Neither agree nor disagree</i>	<i>Slightly agree</i>	<i>Agree</i>	<i>Strongly agree</i>

1. If I had my past to live over, I would change nothing. _____
2. I am satisfied with my life in the past. _____
3. My life in the past was ideal for me. _____
4. The conditions of my life in the past were excellent. _____
5. I had the important things I wanted in the past. _____
6. I would change nothing about my current life. _____
7. I am satisfied with my current life. _____
8. My current life is ideal for me. _____
9. The current conditions of my life are excellent. _____
10. I have the important things I want right now. _____
11. There will be nothing that I will want to change about my future. _____
12. I will be satisfied with my life in the future. _____
13. I expect my future life will be ideal for me. _____
14. The conditions of my future life will be excellent. _____
15. I will have the important things I want in the future. _____

4) The Oxford Happiness Questionnaire (OHQ, Hills and Argyle, 2002)

Below are a number of statements about happiness. Would you please indicate how much you agree or disagree with each by entering a number along side it according to the following code:

1=*strongly disagree*; 2=*moderately disagree*; 3=*slightly disagree*;
4=*slightly agree*; 5=*moderately agree*; 6=*strongly agree*.

You will need to read the statements carefully because some are phrased positively and others negatively. Don't take too long over individual questions; there are no 'right' or 'wrong' answers and no trick questions. The first answer that comes into your head is probably the right one for you. If you find some of the questions difficult, please give the answer that is true for you in general or for most of the time.

1. I don't feel particularly pleased with the way I am _____
2. I am intensely interested in other people _____
3. I feel that life is very rewarding _____
4. I have very warm feelings towards almost everyone _____
5. I rarely wake up feeling rested _____
6. I am not particularly optimistic about the future _____
7. I find most things amusing _____
8. I am always committed and involved _____
9. Life is good _____
10. I do not think that the world is a good place _____
11. I laugh a lot _____
12. I am well satisfied about everything in my life _____
13. I don't think I look attractive _____
14. There is a gap between what I would like to do and
what I have done _____
15. I am very happy _____
16. I find beauty in some things _____
17. I always have a cheerful effect on others _____
18. I can fit in everything I want to _____
19. I feel that I am not especially in control of my life _____
20. I feel able to take anything on _____
21. I feel fully mentally alert _____
22. I often experience joy and elation _____
23. I do not find it easy to make decisions _____
24. I do not have a particular sense of meaning and
purpose in my life _____
25. I feel I have a great deal of energy _____
26. I usually have a good influence on events _____
27. I do not have fun with other people _____
28. I don't feel particularly healthy _____
29. I do not have particularly happy memories of the past _____

Scoring

Items 1, 5, 6, 10, 13, 14, 19, 23, 24, 27, 28, 29 should be scored in reverse. The sum of the item scores is an overall measure of happiness, with high scores indicating greater happiness.

5) PANAS – Positive and Negative Affect Schedule (Watson, Clark and Tellegen, 1988)

The following part of the questionnaire consists of a number of words that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you have felt this way during the past few weeks.

Use the following scale to record your answers:

1 *2* *3* *4* *5*
Very slightly or not at all *A little* *Moderately* *Quite a bit* *Extremely*

	1	2	3	4	5
1. Interested					
2. distressed					
3. excited					
4. upset					
5. strong					
6. guilty					
7. scared					
8. hostile					
9. enthusiastic					
10. proud					
11. irritable					
12. alert					
13. ashamed					
14. inspired					
15. nervous					
16. determined					
17. attentive					
18. jittery					
19. active					
20. afraid					

6) Orientations to Happiness Questionnaire (Peterson et al, 2005)

Below are 18 statements with which you may agree or disagree. Using the 1-5 scale below, please indicate the degree by which answer applied by placing the appropriate number on the line following that item. Please be open and honest in your responding. The 5-point scale:

1	2	3	4	5
<i>Very much unlike me</i>	<i>Unlike me</i>	<i>Neither agree nor disagree</i>	<i>Like me nor disagree</i>	<i>Very much like me</i>

- | | |
|---|-------|
| 1. Regardless of what I'm doing, time passes very quickly | _____ |
| 2. My life serves a higher purpose. | _____ |
| 3. Life is too short to postpone the pleasures it can provide. | _____ |
| 4. I seek out situations that challenge my skills and abilities. | _____ |
| 5. In choosing what to do, I always take into account whether it will benefit other people | _____ |
| 6. Whether in work or play, I am usually "in a zone" and not conscious of myself. | _____ |
| 7. I am always very absorbed in what I do. | _____ |
| 8. I go out of my way to feel euphoric. | _____ |
| 9. In choosing what to do, I always take into account whether I can lose myself in it. | _____ |
| 10. I am rarely distracted by what is going around me. | _____ |
| 11. I have a responsibility to make the world the better place. | _____ |
| 12. My life has a lasting meaning. | _____ |
| 13. In choosing what to do, I always take into account whether it will be pleasurable. | _____ |
| 14. What I do matters to society. | _____ |
| 15. I agree with the statement: "Life is short – eat dessert first". | _____ |
| 16. I love to do things that excite my senses. | _____ |
| 17. I have spent a lot of time thinking about what life means and how I fit into its big picture. | _____ |
| 18. For me, the good life is the pleasurable life. | _____ |

Scoring

Life of meaning: items 2,5,11,12,14,17.

Life of pleasure: items 3,8,13,15,16,18.

Life of engagement: items 1,4,6,7,9,10.

7) Psychological Well-being Scale (Ryff, 1989)***

(Short Forms)

Psychometric Properties. Attached are items for six 14-item scales of psychological well-being constructed to measure the dimensions of **autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance**. Internal consistency (alpha) coefficients are indicated on each scale. Correlations of each scale with its own 20-item parent scale are also provided. Reliability and validity assessments of the 20-item parent scales are detailed in Ryff (1989) -- Journal of Personality and social Psychology, *57*, 1069-1081. Psychometric properties of the 3-item scales are detailed in Ryff & Keyes (1995) - Journal of Personality and Social Psychology, *69*, 719-727. The 3-item scales were developed for national telephone surveys. They have low internal consistency and are not recommended for high quality assessment of well-being.

Presentation Format/Scoring. Items from the separate scales are **mixed** (by taking one item from each scale successively into one continuous self-report instrument). Participants respond using a six-point format: strongly disagree (1), moderately disagree (2), slightly disagree (3), slightly agree (4), moderately agree (5), strongly agree (6). Responses to negatively scores items (-) are reversed in the final scoring procedures so that high scores indicate high self-ratings on the dimension assessed.

Length Options. The **14-item scales**, shown on the attached pages are what we currently employ in our own studies (see Reference List).

The **9-item scales**, indicated by brackets around the item number [#], are currently in use in the Wisconsin Longitudinal Study. The specific items for the 9-item scales include Autonomy 2, 3, 4, 5, 6, 9, 10, 11, 14; Environmental Mastery 1, 2, 3, 4, 5, 7, 9, 13, 14; Personal Growth 1, 4, 5, 6, 9, 10, 11, 13, 14; Positive Relations With Others 1, 2, 3, 4, 6, 8, 9, 10, 12; Purpose In Life 2, 3, 5, 6, 7, 8, 9, 10, 11; Self-Acceptance 1, 2, 3, 5, 6, 7, 10, 12, 13.

The **3-item scales**, shown in ***bold and italics***, are currently in use in various large-scale national and international surveys. The specific items for the 3-item scales include Autonomy 6, 9, 14; Environmental Mastery 1, 2, 4; Personal Growth 5, 11, 13; Positive Relations With Others 2, 9, 10; Purpose In Life 2, 10, 11; Self-Acceptance 1, 5, 7

AUTONOMY

Definition: High Scorer: Is self-determining and independent; able to resist social pressures to think and act in certain ways; regulates behavior from within; evaluates self by personal standards.
Low Scorer: Is concerned about the expectations and important decisions; conforms to social pressures to think and act evaluations of others; relies on judgements of others to make in certain ways.

- (-) 1. Sometimes I change the way I act or think to be more like those around me.
- (+) [2.] I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.
- (+) [3.] My decisions are not usually influenced by what everyone else is doing.
- (-) [4.] I tend to worry about what other people think of me.
- (+) [5.] Being happy with myself is more important to me than having others approve of me.
- (-) [6.] ***I tend to be influenced by people with strong opinions.***
- (+) 7. People rarely talk me into doing things I don't want to do.
- (-) 8. It is more important to me to "fit in" with others than to stand alone on my principles.
- (+) [9.] ***I have confidence in my opinions, even if they are contrary to the general consensus.***
- (-) [10.] It's difficult for me to voice my own opinions on controversial matters.

- (-) [11.] I often change my mind about decisions if my friends or family disagree.
- (+) 12. I am not the kind of person who gives in to social pressures to think or act in certain ways.
- (-) 13. I am concerned about how other people evaluate the choices I have made in my life.
- (+) [14.] ***I judge myself by what I think is important, not by the values of what others think is important.***

- (+) indicates positively scored items
- (-) indicates negatively scored items

Internal consistency (coefficient alpha) = .83
 Correlation with 20-item parent scale = .97

ENVIRONMENTAL MASTERY

Definition: **High Scorer:** Has a sense of mastery and competence in managing the environment; controls complex array of external activities; makes effective use of surrounding opportunities; able to choose or create contexts suitable to personal needs and values.
Low Scorer: Has difficulty managing everyday affairs; feels unable to change or improve surrounding context; is unaware of surrounding opportunities; lacks sense of control over external world.

- (+) [1.] ***In general, I feel I am in charge of the situation in which I live.***
- (-) [2.] ***The demands of everyday life often get me down.***
- (-) [3.] I do not fit very well with the people and the community around me.
- (+) [4.] ***I am quite good at managing the many responsibilities of my daily life.***
- (-) [5.] I often feel overwhelmed by my responsibilities.
- (+) 6. If I were unhappy with my living situation, I would take effective steps to change it.
- (+) [7.] I generally do a good job of taking care of my personal finances and affairs.
- (-) 8. I find it stressful that I can't keep up with all of the things I have to do each day.
- (+) [9.] I am good at juggling my time so that I can fit everything in that needs to get done.
- (+) 10. My daily life is busy, but I derive a sense of satisfaction from keeping up with everything.
- (-) 11. I get frustrated when trying to plan my daily activities because I never accomplish the things I set out to do.
- (+) 12. My efforts to find the kinds of activities and relationships that I need have been quite successful.
- (-) [13.] I have difficulty arranging my life in a way that is satisfying to me.
- (+) [14.] I have been able to build a home and a lifestyle for myself that is much to my liking.
- (+) indicates positively scored items
- (-) indicates negatively scored items

Internal consistency (coefficient alpha) = .86
 Correlation with 20-item parent scale = .98

PERSONAL GROWTH

Definition: **High Scorer:** Has a feeling of continued development; sees self as growing and expanding; is open to new experiences; has sense of realizing one's potential; sees improvement in self and behavior over time; is changing in ways that reflect more self knowledge and effectiveness.

Low Scorer: Has a sense of personal stagnation; lacks sense of improvement or expansion over time; feels bored and uninterested with life; feels unable to develop new attitudes or behaviors.

- (-) [1.] I am not interested in activities that will expand my horizons.
- (+) 2. In general, I feel that I continue to learn more about myself as time goes by.
- (+) 3. I am the kind of person who likes to give new things a try.
- (-) [4.] I don't want to try new ways of doing things--my life is fine the way it is.
- (+) [5.] ***I think it is important to have new experiences that challenge how you think about yourself and the world.***
- (-) [6.] When I think about it, I haven't really improved much as a person over the years.
- (+) 7. In my view, people of every age are able to continue growing and developing.
- (+) 8. With time, I have gained a lot of insight about life that has made me a stronger, more capable person.
- (+) [9.] I have the sense that I have developed a lot as a person over time.
- (-) [10.] I do not enjoy being in new situations that require me to change my old familiar ways of doing things.
- (+) [11.] ***For me, life has been a continuous process of learning, changing, and growth.***
- (+) 12. I enjoy seeing how my views have changed and matured over the years.
- (-) [13.] ***I gave up trying to make big improvements or changes in my life a long time ago.***
- (-) [14.] There is truth to the saying you can't teach an old dog new tricks.

- (+) indicates positively scored items
- (-) indicates negatively scored items

Internal consistency (coefficient alpha) = .85
Correlation with 20-item parent scale = .97

POSITIVE RELATIONS WITH OTHERS

Definition: High Scorer: Has warm satisfying, trusting relationships with others; is concerned about the welfare of others; capable of strong empathy, affection, and intimacy; understands give and take of human relationships.

Low Scorer: Has few close, trusting relationships with others; finds it difficult to be warm, open, and concerned about others; is isolated and frustrated in interpersonal relationships; not willing to make compromises to sustain important ties with others.

- (+) [1.] Most people see me as loving and affectionate.
- (-) [2.] ***Maintaining close relationships has been difficult and frustrating for me***
- (-) [3.] I often feel lonely because I have few close friends with whom to share my concerns.
- (+) [4.] I enjoy personal and mutual conversations with family members or friends.
- (+) 5. It is important to me to be a good listener when close friends talk to me about their problems.
- (-) [6.] I don't have many people who want to listen when I need to talk.
- (+) 7. I feel like I get a lot out of my friendships.
- (-) [8.] It seems to me that most other people have more friends than I do.
- (+) [9.] ***People would describe me as a giving person, willing to share my time with others.***
- (-) [10.] ***I have not experienced many warm and trusting relationships with others.***
- (-) 11. I often feel like I'm on the outside looking in when it comes to friendships.
- (+) [12.] I know that I can trust my friends, and they know they can trust me.
- (-) 13. I find it difficult to really open up when I talk with others.
- (+) 14. My friends and I sympathize with each other's problems.

- (+) indicates positively scored items
- (-) indicates negatively scored items

Internal consistency (coefficient alpha) = .88

Correlation with 20-item parent scale = .98

PURPOSE IN LIFE

Definition: High Scorer: Has goals in life and a sense of directedness; feels there is meaning to present and past life; holds beliefs that give life purpose; has aims and objectives for living.

Low Scorer: Lacks a sense of meaning in life; has few goals of aims, lacks sense of direction; does not see purpose of past life; has no outlook or beliefs that give life meaning.

- (+) 1. I feel good when I think of what I've done in the past and what I hope to do in the future.
- (-) [2.] ***I live life one day at a time and don't really think about the future.***
- (-) [3.] I tend to focus on the present, because the future nearly always brings me problems.
- (+) 4. I have a sense of direction and purpose in life.
- (-) [5.] My daily activities often seem trivial and unimportant to me.
- (-) [6.] I don't have a good sense of what it is I'm trying to accomplish in life.
- (-) [7.] I used to set goals for myself, but that now seems like a waste of time.
- (+) [8.] I enjoy making plans for the future and working to make them a reality.
- (+) [9.] I am an active person in carrying out the plans I set for myself.
- (+) [10.] ***Some people wander aimlessly through life, but I am not one of them.***
- (-) [11.] ***I sometimes feel as if I've done all there is to do in life.***
- (+) 12. My aims in life have been more a source of satisfaction than frustration to me.
- (+) 13. I find it satisfying to think about what I have accomplished in life.
- (-) 14. In the final analysis, I'm not so sure that my life adds up to much.

- (+) indicates positively scored items
- (-) indicates negatively scored items

Internal consistency (coefficient alpha) = .88

Correlation with 20-item parent scale = .98

SELF-ACCEPTANCE

Definition: High Scorer: Possesses a positive attitude toward the self; acknowledges and accepts multiple aspects of self including good and bad qualities; feels positive about past life.

Low Scorer: Feels dissatisfied with self; is disappointed with what has occurred in past life; is troubled about certain personal qualities; wishes to be different than what one is.

- (+) [1.] ***When I look at the story of my life, I am pleased with how things have turned out.***
- (+) [2.] In general, I feel confident and positive about myself.
- (-) [3.] I feel like many of the people I know have gotten more out of life than I have.
- (-) 4. Given the opportunity, there are many things about myself that I would change.

- (+) [5.] *I like most aspects of my personality.*
 - (+) [6.] I made some mistakes in the past, but I feel that all in all everything has worked out for the best.
 - (-) [7.] *In many ways, I feel disappointed about my achievements in life.*
 - (+) 8. For the most part, I am proud of who I am and the life I lead.
 - (-) 9. I envy many people for the lives they lead.
 - (-) [10.] My attitude about myself is probably not as positive as most people feel about themselves.
 - (-) 11. Many days I wake up feeling discouraged about how I have lived my life.
 - (+) [12.] The past had its ups and downs, but in general, I wouldn't want to change it.
 - (+) [13.] When I compare myself to friends and acquaintances, it makes me feel good about who I am.
 - (-) 14. Everyone has their weaknesses, but I seem to have more than my share.
- (+) indicates positively scored items
(-) indicates negatively scored items

Internal consistency (coefficient alpha) = .91

Correlation with 20-item parent scale = .99

8) VIA Strengths Inventory

Questionnaire available at:

www.authentic happiness.org

9) Gallup StrengthsFinder 2.0

Questionnaire available at:

www.strengthsfinder.com

10) The Rosenberg Self-Esteem Scale (RSE, Rosenberg, 1965)***

11) Janis-Field Feelings of Inadequacy scale (JFS, Fleming & Courtney, 1984)***

Questionnaire available in:

Heatherton, T. F., & Wyland, C. L. (2003). Assessing self-esteem. In S. J. Lopez & C. R. Snyder (Eds.), *Positive psychological assessment: A handbook of models and measuring* (pp 219-233). Washington DC: APA.

12) Generalized self-efficacy scale (GSE, Schwarzer & Jerusalem, 1995)

Below are ten statements about yourself which may or may not be true. Using the 1-4 scale below, please indicate your agreement with each item by placing the appropriate number on the line following that item. Please be open and honest in your responding.

The 4-point scale:

1 2 3 4
Not at all true Hardly true Moderately true Exactly true

1. I can always manage to solve difficult problems if I try hard enough. _____
2. If someone opposes me, I can find the means and ways to get what I want. _____
3. It is easy for me to stick to my aims and accomplish my goals. _____
4. I am confident that I could deal efficiently with unexpected events. _____
5. Thanks to my resourcefulness, I know how to handle unforeseen situations. _____
6. I can solve most problems if I invest the necessary effort. _____
7. I can remain calm when facing difficulties because I can rely on my coping abilities. _____
8. When I am confronted with a problem, I can usually find several solutions. _____
9. If I am in trouble, I can usually think of a solution. _____
10. I can usually handle whatever comes my way. _____

13) ASQ***

14) Life orientation test (LOT-R, Scheier & Carver, 1985)

Below are 10 statements with which you may agree or disagree. Using the 1-5 scale below, please indicate your agreement with each item by placing the appropriate number on the line following that item. Please be open and honest in your responding. The 5-point scale:

<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
<i>Strongly</i> <i>disagree</i>	<i>Disagree</i>	<i>Neither agree</i> <i>nor disagree</i>	<i>Agree</i>	<i>Strongly</i> <i>agree</i>

1. In uncertain times, I usually expect the best.
2. It's easy for me to relax.
3. If something can go wrong for me, it will
4. I'm always optimistic about my future
5. I enjoy my friends a lot.
6. It's important for me to keep busy.
7. I hardly ever expect things to go my way
8. I don't get upset too easily.
9. I rarely count on good things happening to me
10. Overall, I expect more good things to happen to me than bad.

Scoring

Reverse Items: 3, 7, 9.

Fillers: 2, 5, 6, 8.

Six items (3 coding and 3 reverse coding) are summed.

15) The Hope Index (Staats, 1989)***

Questionnaire available in:

Lopez, S. J., Snyder, C. R., & Pedrotti, J. T. (2003). Hope: Many definitions, many measures. In S. J. Lopez & C. R. Snyder (Eds.), *Positive psychological assessment: A handbook of models and measuring* (pp 91-107). Washington DC: APA.

16) Adult Dispositional Hope Scale (Snyder, Harris, et al, 1991)***

Questionnaire available in:

Lopez, S. J., Snyder, C. R., & Pedrotti, J. T. (2003). Hope: Many definitions, many measures. In S. J. Lopez & C. R. Snyder (Eds.), *Positive psychological assessment: A handbook of models and measuring* (pp 91-107). Washington DC: APA.

17) The State Hope Scale/ Goal Scale (Snyder, Harris, et al, 1991).

Directions: Read each item carefully. Using the scale shown below, please select the number that best describes how you think about yourself right now and put that number in the blank before each sentence. Please take a few moments to focus on yourself and what is going on in your life at this moment. Once you have this "here and now" set, go ahead and answer each item according to the following scale:

1 = Definitely False	2 = Mostly False	3 = Somewhat False	4 = Slightly False	5 = Slightly True	6 = Somewhat True	7 = Mostly True	8 = Definitely True
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- _____ 1. If I should find myself in a jam, I could think of many ways to get out of it.
- _____ 2. At the present time, I am energetically pursuing my goals.
- _____ 3. There are lots of ways around any problem that I am facing now.
- _____ 4. Right now, I see myself as being pretty successful.
- _____ 5. I can think of many ways to reach my current goals.
- _____ 6. At this time, I am meeting the goals that I have set for myself.

Scoring of the Goal Scale

The Agency subscale score is derived by summing the three even-numbered items; the Pathways subscale score is derived by adding the three odd-numbered items. The total State Hope Scale score is derived by summing the three Agency and the three Pathways items. Scores can range from a low of 6 to a high of 48. When administering the State Hope Scale, it is labeled as the "Goals Scale For the Present."

18) *Flow Experience Questionnaire (Csikszentmihalyi & Csikszentmihalyi, 1988)****

Carr A. (2004) Positive psychology: The science of happiness and human strengths. New York: Taylor & Francis (Chapter 2)

19) The Maximizing Scale (Schwartz et al, 2002)

Below are fifteen statements with which you may agree or disagree. These statements concern either your past, present, or future. Using the 1-7 scale below, please indicate your agreement with each item by placing the appropriate number on the line following that item. Please be open and honest in your responding. The 7-point scale:

- | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|--------------------------|---|--------------------------|-----------------------------------|-----------------------|--------------|-----------------------|
| <i>Strongly disagree</i> | <i>Disagree</i> | <i>Slightly disagree</i> | <i>Neither agree nor disagree</i> | <i>Slightly agree</i> | <i>Agree</i> | <i>Strongly agree</i> |
| 1. | Whenever I'm faced with a choice, I try to imagine what all the other possibilities are, even ones that aren't present at the moment. | | | | | _____ |
| 2. | No matter how satisfied I am with my job, it's only right for me to be on the lookout for better opportunities. | | | | | _____ |
| 3. | When I am in the car listening to the radio, I often check other stations to see if something better is playing, even if I am relatively satisfied with what I'm listening to. | | | | | _____ |
| 4. | When I watch TV, I channel surf, often scanning through the available options even while attempting to watch one program. | | | | | _____ |
| 5. | I treat relationships like clothing: I expect to try a lot on before finding the perfect fit. | | | | | _____ |
| 6. | I often find it difficult to shop for a gift for a friend. | | | | | _____ |
| 7. | Renting videos is really difficult. I'm always struggling to pick the best one. | | | | | _____ |
| 8. | When shopping, I have a hard time finding clothing that I really love. | | | | | _____ |
| 9. | I'm a big fan of lists that attempt to rank things (the best movies, the best singers, the best athletes, the best novels, etc.). | | | | | _____ |
| 10. | I find that writing is very difficult, even if it's just writing a letter to a friend, because it's so hard to word things just right. I often do several drafts of even simple things. | | | | | _____ |
| 11. | No matter what I do, I have the highest standards for myself. | | | | | _____ |
| 12. | I never settle for second best. | | | | | _____ |
| 13. | I often fantasize about living in ways that are quite different from my actual life. | | | | | _____ |

Scoring

We generally consider people whose average rating is higher than 4 to be maximizers. When we looked at averages from thousands of subjects, we found that about a third scored higher than 4.75 and a third lower than 3.25. Roughly 10 percent of subjects were extreme maximizers (averaging greater than 5.5), and 10 percent were extreme satisficers (averaging lower than 2.5.)

20) The Posttraumatic Growth Inventory (PTGI, Tedeschi & Calhoun, 1995, 1996)

Many of us have experienced traumatic situations in our lives. There may have been times when we were upset by events that regularly occur, or by events that are quite rare and unexpected. Please think back over the course of your life, and if you have experienced an event from the think of it.

If you would like to tell us about this event please do so in the space below:

(Note: you don't have to describe this event if you don't want to)

We are interested in how you think you have changed after the event you described above. Below are a number of statements that may or may not be representative of how you think you have changed. Please read each statement carefully and circle the number that best describes how you feel. People react to events in many different ways.

0 = I did not change as a result of the event I described above

*1 = I changed to a **very small** degree as a result of the event I described above*

*2 = I changed to a **small** degree as a result of the event I described above*

*3 = I changed to a **moderate** degree as a result of the event I described above*

*4 = I changed to a **great** degree as a result of the event I described above*

*5 = I changed to a **very great** degree as a result of the event I described above*

1. My priorities about what is important in life	0	1	2	3	4	5
2. An appreciation for the value of my own life	0	1	2	3	4	5
3. I developed new interests	0	1	2	3	4	5
4. A feeling of self-reliance	0	1	2	3	4	5
5. A better understanding of spiritual matters	0	1	2	3	4	5
6. Knowing that I can count on people in times of trouble	0	1	2	3	4	5
7. I established a new path for my life	0	1	2	3	4	5
8. A sense of closeness with others	0	1	2	3	4	5
9. A willingness to express my emotions	0	1	2	3	4	5
10. Knowing I can handle difficulties	0	1	2	3	4	5
11. I'm able to do better things with my life	0	1	2	3	4	5
12. Being able to accept the way things work out	0	1	2	3	4	5
13. Appreciating each day	0	1	2	3	4	5
14. New opportunities are available which wouldn't have been otherwise	0	1	2	3	4	5
15. Having compassion for others	0	1	2	3	4	5
16. Putting effort into my relationships	0	1	2	3	4	5
17. I'm more likely to change things which need changing	0	1	2	3	4	5
18. I have a stronger religious faith	0	1	2	3	4	5
19. I discovered that I'm stronger than						

I thought I was	0	1	2	3	4	5
20. I learned a great deal about how wonderful people are	0	1	2	3	4	5
21. I accept needing others	0	1	2	3	4	5

21) Ego resilience scale (Block & Kremen 1996)

1. *I am generous with my friends.*

1 2 3 4

Does not Applies Applies Applies very
apply at all slightly somewhat strongly

2. *I quickly get over and recover from being startled.*

1 2 3 4

Does not Applies Applies Applies very
apply at all slightly somewhat strongly

3. *I enjoy dealing with new and unusual situations.*

1 2 3 4

Does not Applies Applies Applies very
apply at all slightly somewhat strongly

4. *I usually succeed in making a favourable impression on people.*

1 2 3 4

Does not Applies Applies Applies very
apply at all slightly somewhat strongly

5. *I enjoy trying new foods I have never tasted before.*

1 2 3 4

Does not Applies Applies Applies very
apply at all slightly somewhat strongly

6. *I am regarded as a very energetic person.*

1 2 3 4

Does not Applies Applies Applies very
apply at all slightly somewhat strongly

7. *I like to take different paths to familiar places.*

1 2 3 4

Does not Applies Applies Applies very
apply at all slightly somewhat strongly

8. *I am more curious than most people.*

1 2 3 4

Does not Applies Applies Applies very
apply at all slightly somewhat strongly

9. *Most of the people I meet are likable.*

1 2 3 4

Does not Applies Applies Applies very
apply at all slightly somewhat strongly

10. *I usually think carefully about something before acting.*

1 2 3 4

Does not Applies Applies Applies very
apply at all slightly somewhat strongly

11. *I like to do new and different things.*

1 2 3 4

Does not Applies Applies Applies very
apply at all slightly somewhat strongly

12. *My daily life is full of things that keep me interested.*

1 2 3 4

Does not Applies Applies Applies very
apply at all slightly somewhat strongly

13. *I would be willing to describe myself as a pretty “strong” personality.*

1 2 3 4

Does not Applies Applies Applies very
apply at all slightly somewhat strongly

14. *I get over my anger at someone reasonably quickly.*

1 2 3 4

Does not Applies Applies Applies very
apply at all slightly somewhat strongly

Add up the scores

Score level

- 47-56** **Very High Resiliency Trait**
- 35-46** **High Resiliency Trait**
- 23-34** **Undetermined Trait**
- 11-22** **Low Resiliency Trait**
- 0-10** **Very Low Resiliency Trait**

22) The General Causality Orientations Scale (GCOS)***

23) Locus of Control Scale (Rotter, 1966)

Each number below has an “a” part and a “b” statement. Please circle either “a” or “b” depending on which one most accurately reflects your view.

1. a. Children get into trouble because their parents punish them too much.
 b. The trouble with most children nowadays is that their parents are too easy with them.
2. a. Many of the unhappy things in people’s lives are partly due to bad luck.
 b. People’s misfortunes result from the mistakes they make.
3. a. One of the major reasons why we have wars is because people don’t take enough interest in politics.
 b. There will always be wars, no matter how hard people try to prevent them.
4. a. In the long run people get the respect they deserve in this world.
 b. Unfortunately, an individual’s worth often passes unrecognized no matter how hard he tries.
5. a. The idea that teachers are unfair to students is nonsense.
 b. Most students don’t realize the extent to which their grades are influenced by accidental happenings.
6. a. Without the right breaks one cannot be an effective leader.
 b. Capable people who fail to become leaders have not taken advantage of their opportunities.
7. a. No matter how hard you try some people just don’t like you.
 b. People who can’t get others to like them don’t understand how to get along with others.
8. a. Heredity plays the major role in determining one’s personality
 b. It is one’s experiences in life which determine what they’re like.
9. a. I have often found that what is going to happen will happen.
 b. Trusting to fate has never turned out as well for me as making a decision to take a definite course of action.
10. a. In the case of the well prepared student there is rarely if ever such a thing as an unfair test.
 b. Many times exam questions tend to be so unrelated to course work that studying is really useless.
11. a. Becoming a success is a matter of hard work, luck has little or nothing to do with it.
 b. Getting a good job depends mainly on being in the right place at the right time.
12. a. The average citizen can have an influence in government decisions.
 b. This world is run by the few people in power, and there is not much the little guy can do about it.
13. a. When I make plans, I am almost certain that I can make them work.
 b. It is not always wise to plan too far ahead because many things turn out to be a matter of good or bad fortune anyhow.
14. a. There are certain people who are just no good.
 b. There is some good in everybody.

15. a. In my case getting what I want has little or nothing to do with luck.
b. Many times we might just as well decide what to do by flipping a coin.
16. a. Who get to be the boss often depends on who was lucky enough to be in the right place first.
b. Getting people to do the right thing depends upon ability, luck has little or nothing to do with it.
17. a. As far as world affairs are concerned, most of us are the victims of forces we can neither understand, nor control.
b. By taking an active part in political and social affairs the people can control world events.
18. a. Most people don't realize the extent to which their lives are controlled by accidental happenings.
b. There really is no such thing as "luck."
19. a. One should always be willing to admit mistakes.
b. It is usually best to cover up one's mistakes.
20. a. It is hard to know whether or not a person really likes you.
b. How many friends you have depends upon how nice a person you are.
21. a. In the long run the bad things that happen to us are balanced by the good ones.
b. Most misfortunes are the result of lack of ability, ignorance, laziness, or all three.
22. a. With enough effort we can wipe out political corruption.
b. It is difficult for people to have much control over the things politicians do in office.
23. a. Sometimes I can't understand how teachers arrive at the grades they give.
b. There is a direct connection between how hard I study and the grades I get.
24. a. A good leader expects people to decide for themselves what they should do.
b. A good leader makes it clear to everybody what their jobs are.
25. a. Many times I feel that I have little influence over the things that happen to me.
b. It is impossible for me to believe that chance or luck plays an important role in my life.
26. a. People are lonely because they don't try to be friendly.
b. There's not much use in trying too hard to please people, if they like you, they like you.
27. a. There is too much emphasis on athletics in high school.
b. Team sports are an excellent way to build character.
28. a. What happens to me is my own doing.
b. Sometimes I feel that I don't have enough control over the direction my life is taking.
29. a. Most of the time I can't understand why politicians behave the way they do.
b. In the long run the people are responsible for bad government on a national as well as on a local level.

Scoring

Individuals whose scores reflect more "Internal" control feel that they are the in control and are the masters of their destiny. Those whose scores reflect more of an "External" focus feel that most things happen by chance, luck, other peoples' control, etc. I would expect the individuals to become more "Internal" over the course of successful treatment. There has been a lot of research reported using this measure in different settings and with different populations.

Score one point for each of the following:

2. a; 3 b; 4. b; 5.b; 6.a; 7.a; 9 a; 10 b; 11 b; 12b; 13 b; 15 b; 16 a; 17 a; 18 a; 20 a; 21 a; 22 b; 23 a; 25 a; 26 b; 28 b; 29 a.

A high score = External Locus of Control
 A low score = Internal Locus of Control

24) Brief Rotter's Locus of Control Scale (Lumpkin, 1985)

Below are a series of questions about the way you lead your life. Please indicate the extent to which you agree or disagree with each statement using the 5-point scale.

The 5-point scale:

1	2	3	4	5
<i>Strongly disagree</i>	<i>Disagree</i>	<i>Neither agree nor disagree</i>	<i>Agree</i>	<i>Strongly agree</i>

- | | |
|---|-------|
| 1. When I make plans, I am almost certain that I can make them work | _____ |
| 2. Getting people to do the right thing depends upon ability; luck has nothing to do with it. | _____ |
| 3. What happens to me is my own doing. | _____ |
| 4. Many of the unhappy things in people's lives are partly due to bad luck. | _____ |
| 5. Getting a job depends mainly on being in the right place at the right time. | _____ |
| 6. Many times I feel that I have little influence over the things that happen to me. | _____ |

Scoring

Internal Control: 1,2,3 items.
 External Control: 4,5,6 items.

25) Brief version of Levenson's Locus of Control Scale (Sapp and Harrod, 1993)

Below are a series of questions about the way you lead your life. Please indicate the extent to which you agree or disagree with each statement using the 5-point scale.

The 5-point scale:

1	2	3	4	5
<i>Strongly disagree</i>	<i>Disagree</i>	<i>Neither agree nor disagree</i>	<i>Agree</i>	<i>Strongly agree</i>

- | | |
|--|-------|
| 1. My life is determined by my own actions. | _____ |
| 2. I'm usually able to protect my personal interests. | _____ |
| 3. I can pretty much determine what will happen in my life. | _____ |
| 4. To a great extent, my life is controlled by accidental happenings. | _____ |
| 5. Often there is no chance of protecting my personal interest from bad luck happenings. | _____ |
| 6. When I get, what I want, it's usually because I'm lucky. | _____ |
| 7. People like myself have very little chance of protecting our personal interests where they conflict with those of strong pressure groups. | _____ |
| 8. My life is chiefly controlled by powerful others. | _____ |
| 9. I feel like what happens in my life is mostly determined by powerful people | _____ |

Scoring

Internal Control: 1,2,3 items.
 Chance: 4,5,6 items.
 Powerful Others: 7,8,9 items.

26) Sense of Coherence Scale (SOC, Antonovsky, 1987)

Here is a series of questions relating to various aspects of our lives. Each question has seven possible answers. Please put a cross in the box under the number which expresses your answer with numbers 1 and 7 being the extreme answers. If the words under 1 are right for you, please cross 1; if the words under 7 are right for you, cross 7. If you feel differently, put a cross in the number which best expresses your feeling. Please cross one box only to each question.

1	Do you have the feeling that you don't really care about what goes on around you?								
		1	2	3	4	5	6	7	
	Very often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very seldom or never

2	Has it happened in the past that you were surprised by the behaviour of people whom you thought you knew well?								
		1	2	3	4	5	6	7	
	Never happened	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Always happened

3	Has it happened that people whom you counted on disappointed you?								
		1	2	3	4	5	6	7	
	Never happened	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Always happened

4	Until now your life has had								
		1	2	3	4	5	6	7	
	No clear goals or purpose at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very clear goals and purpose

5	Do you have the feeling that you're being treated unfairly?								
		1	2	3	4	5	6	7	
	Very often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very seldom or never

6	Do you have the feeling that you are in an unfamiliar situation and don't know what to do?								
		1	2	3	4	5	6	7	
	Very often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very seldom or never

7	Doing the things you do every day is:								
		1	2	3	4	5	6	7	
	A source of deep pleasure and satisfaction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A source of pain and boredom

8	Do you have very mixed-up feelings and ideas?								
		1	2	3	4	5	6	7	

Very often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very seldom or never
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9	Does it happen that you have feelings inside you would rather not feel?							
	1	2	3	4	5	6	7	
Very often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very seldom or never

10	Many people - even those with a strong character - sometimes feel like sad sacks (losers) in certain situations. How often have you felt this way in the past?							
	1	2	3	4	5	6	7	
Never	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very often

11	When something happened, have you generally found that:							
	1	2	3	4	5	6	7	
You overestimated or underestimated its importance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	You saw things in the right proportion

12	How often do you have the feeling that there's little meaning in the things you do in daily life?							
	1	2	3	4	5	6	7	
Very often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very seldom or never

13	How often do you have feelings that you're not sure you can keep under control?							
	1	2	3	4	5	6	7	
Very often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very seldom or never

Scoring

Items 1,2,3,7,10 should be reversed and then summed with all other items.

27) Zimbardo Time Perspective Inventory (ZPTI, Zimbardo & Boyd, 1999)

Read each item and, as honestly as you can, answer the question: "How characteristic or true is this of you?" Check the appropriate box using the scale. Please answer ALL of the following questions on both sides.

	Very Untrue	Neutral	Very True		
	1	2	3	4	5
1. I believe that getting together with one's friends to party is one of life's important pleasures.					
2. Familiar childhood sights, sounds, smells often bring back a flood of wonderful memories.					
3. Fate determines much in my life.					
4. I often think of what I should have done differently in my life.					
5. My decisions are mostly influenced by people and things around me.					
6. I believe that a person's day should be planned ahead each morning.					
7. It gives me pleasure to think about my past.					
8. I do things impulsively.					
9. If things don't get done on time, I don't worry about it.					
10. When I want to achieve something, I set goals and consider specific means for reaching those goals.					
11. On balance, there is much more good to recall than bad in my past.					
12. When listening to my favorite music, I often lose all track of time.					
13. Meeting tomorrow's deadlines and doing other necessary work comes before tonight's play.					
14. Since whatever will be will be, it doesn't really matter what I do.					
15. I enjoy stories about how things used to be in the "good old times."					
16. Painful past experiences keep being replayed in my mind.					
17. I try to live my life as fully as possible, one day at a time.					
18. It upsets me to be late for appointments.					
19. Ideally, I would live each day as if it were my last.					
20. Happy memories of good times spring readily to mind.					
21. I meet my obligations to friends and authorities on time.					
22. I've taken my share of abuse and rejection in the past.					
23. I make decisions on the spur of the moment.					
24. I take each day as it is rather than try to plan it out.					
25. The past has too many unpleasant memories that I prefer not to think about.					
26. It is important to put excitement in my life.					
27. I've made mistakes in the past that I wish I could undo.					
28. I feel that it's more important to enjoy what you're doing than to get work done on time.					
29. I get nostalgic about my childhood.					
30. Before making a decision, I weigh the costs against the benefits.					

	Very Untrue	Neutral	Very True		
	1	2	3	4	5
31. Taking risks keeps my life from becoming boring.					
32. It is more important for me to enjoy life's journey than to focus only on the destination.					
33. Things rarely work out as I expected.					
34. It's hard for me to forget unpleasant images of my youth.					
35. It takes joy out of the process and flow of my activities, if I have to think about goals, outcomes, and products.					
36. Even when I am enjoying the present, I am drawn back to comparisons with similar past experiences.					
37. You can't really plan for the future because things change so much.					
38. My life path is controlled by forces I cannot influence.					
39. It doesn't make sense to worry about the future, since there is nothing that I can do about it anyway.					
40. I complete projects on time by making steady progress.					
41. I find myself tuning out when family members talk about the way things used to be.					
42. I take risks to put excitement in my life.					
43. I make lists of things to do.					
44. I often follow my heart more than my head.					
45. I am able to resist temptations when I know that there is work to be done.					
46. I find myself getting swept up in the excitement of the moment.					
47. Life today is too complicated; I would prefer the simpler life of the past.					
48. I prefer friends who are spontaneous rather than predictable.					
49. I like family rituals and traditions that are regularly repeated.					
50. I think about the bad things that have happened to me in the past.					
51. I keep working at difficult, uninteresting tasks if they will help me get ahead.					
52. Spending what I earn on pleasures today is better than saving for tomorrow's security.					
53. Often luck pays off better than hard work.					
54. I think about the good things that I have missed out on in my life.					
55. I like my close relationships to be passionate.					
56. There will always be time to catch up on my work.					

ZPTI Scoring Tips

We have typically calculated average scores for each subfactor. Using average scores allows the meaningful comparison to the 5-point Likert scale used in the ZTPI. This is no way to create a meaningful overall score, because each of the subfactors is theoretically independent. To calculate a score for each of the 5 subfactors:

1. Reverse code all of the relevant items
2. Add the scores for each item that contributes to specific subfactor
3. Divide the subfactor total by the number of questions that comprise the subfactor

28) Love Attitude Scale (LAS, Hendrick et al, 1990)***

Questionnaire available in:

Hendrick, C., & Hendrick, S. S. (2003) Romantic love: measuring Cupid's arrow. In S. J. Lopez & C. R. Snyder (Eds.), *Positive psychological assessment: A handbook of models and measuring* (pp 235-249). Washington DC: APA.

29) The Gratitude Questionnaire (GQ, McCullough et al, 2002)***

30) The Heartland Forgiveness Scale (HFS, Thompson et al, 2002)***

Questionnaire available in:

Thompson, L. Y., & Snyder, C. R. (2003) Measuring forgiveness. In S. J. Lopez & C. R. Snyder (Eds.), *Positive psychological assessment: A handbook of models and measuring* (pp 301-312). Washington DC: APA.