

HAPPINESS SCALE

NAME:

DATE:

The scale is intended to estimate your current happiness with your life in each of the ten areas listed below. Ask yourself the following question as you rate each area:

How happy am I with this area of my life?

You are to circle one of the numbers (1-10) beside each area.

Numbers toward the left indicate various degrees of unhappiness, while numbers toward the right reflect various levels of happiness.

In other words, state according to the numerical scale (1-10) exactly **how you feel today**. Also, try not to allow one category to influence the results of the other categories.

	COMPLETELY UNHAPPY					COMPLETELY HAPPY				
Substance Use	1	2	3	4	5	6	7	8	9	10
Job or Education	1	2	3	4	5	6	7	8	9	10
Money Management	1	2	3	4	5	6	7	8	9	10
Social Life	1	2	3	4	5	6	7	8	9	10
Personal Habits	1	2	3	4	5	6	7	8	9	10
Romantic Relationships	1	2	3	4	5	6	7	8	9	10
Family Relationships	1	2	3	4	5	6	7	8	9	10
Emotional Life	1	2	3	4	5	6	7	8	9	10
Communication	1	2	3	4	5	6	7	8	9	10
Spirituality	1	2	3	4	5	6	7	8	9	10
General Happiness	1	2	3	4	5	6	7	8	9	10