

## HAPPINESS SCALE

This scale is intended to estimate your current happiness with your life on each of the eleven areas listed. You are to circle one of the numbers (1-10) beside each area. Numbers toward the left end of the ten-unit scale indicate various degrees of unhappiness, while numbers toward the right end of the scale reflect increasing levels of happiness. Ask yourself this question as you rate each life area: "How happy am I with this area of my life?" In other words, state according to the numerical scale (1-10) exactly how you feel today. Try to exclude all feelings yesterday and concentrate only on the feelings of today in each of the life area. Also try not to allow one category to influence the results of the other categories.

- 1 = Completely Unhappy (can't get any worse)
- 5 = Neutral (not unhappy, not happy either)
- 10 = Completely Happy (can't get any better)

		Unhappy			Neutral				Happy	
Happiness with:										
1. Alcohol										
Drinking		1	2	3	4	5	6	7	8	9 10
Sobriety		1	2	3	4	5	6	7	8	9 10
2. Happiness with:										
Job		1	2	3	4	5	6	7	8	9 10
Education		1	2	3	4	5	6	7	8	9 10
3. Money Management		1	2	3	4	5	6	7	8	9 10
4. Social Life		1	2	3	4	5	6	7	8	9 10
5. Personal Habits		1	2	3	4	5	6	7	8	9 10
6. Happiness with:										
Marriage		1	2	3	4	5	6	7	8	9 10
Family		1	2	3	4	5	6	7	8	9 10
Other		1	2	3	4	5	6	7	8	9 10
7. Legal Issues		1	2	3	4	5	6	7	8	9 10
8. Emotional Life		1	2	3	4	5	6	7	8	9 10
9. Communication		1	2	3	4	5	6	7	8	9 10
10. Spirituality		1	2	3	4	5	6	7	8	9 10
11. General Happiness		1	2	3	4	5	6	7	8	9 10

Name \_\_\_\_\_ ID \_\_\_\_\_ Date \_\_\_\_\_