

SATISFACTION WITH LIFE SCALE

DIRECTIONS: Below are some questions about how you like your present life. Put an X through the words that best reflect your feelings about your life at this time.

1. How much do you like the place where you live? (today)	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL
2. How satisfied are you with the amount of privacy you have in your current living situation?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL
3. How satisfied are you with the amount of space you have in your current living situation?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL
4. How much do you like the food you usually eat?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL
5. How satisfied are you with the way you spend your evenings and weekends?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL
6. How satisfied are you with the number of friends you have?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL
7. Do you feel as close to your friends as you would like to be?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL
8. How satisfied are you with the kind and amount of contact you have with the opposite sex?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL
9. How satisfied are you with your current social life?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL
10. How satisfied are you with the kinds of relationships you have with the members of your family?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL

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11. How satisfied are you with the way you spend your days?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL
12. How satisfied are you with the kind of work that you do?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL
13. Do you feel that you are working as much as you would like?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL
14. How satisfied are you with your current psychological condition?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL
15. How satisfied are you with your present life?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL
16. How satisfied are you with yourself on the whole?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL
17. Do you feel you get as much enjoyment from life as most people do?	DEFINITELY NO	SOMEWHAT	AVERAGE, OK	A LOT	DEFINITELY YES
18. Do you feel that you have as much freedom as you want?	NOT AT ALL	VERY LITTLE	AVERAGE, OK	A LOT	A GREAT DEAL