

## Happiness Scale

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This scale is intended to estimate your current happiness with your life in each of the 16 areas listed below.

You are to circle one of the numbers (1 to 10) beside each area. Numbers toward the left side of the 10-unit scale indicate various degrees of unhappiness, whereas numbers toward the right side of the scale reflect increasing levels of happiness.

Ask yourself this question as you rate each area of life: *“How happy am I today with this area of my life?”* In other words, state according to numerical scale (1 to 10) exactly how you feel **today**.

Try to exclude yesterday’s feelings and concentrate only on today’s feeling in each of the life areas. Also, try *not* to allow one category to influence the results of the other categories.

	<b>Completely Unhappy</b>		<b>Completely Happy</b>
1. Marijuana use/nonuse	1	2 3 4 5 6 7 8 9	10
2. Alcohol use/nonuse	1	2 3 4 5 6 7 8 9	10
3. Other drug use/nonuse	1	2 3 4 5 6 7 8 9	10
4. Relationship with boyfriend or girlfriend	1	2 3 4 5 6 7 8 9	10
5. Relationships with friends	1	2 3 4 5 6 7 8 9	10
6. Relationships with parents or caregivers	1	2 3 4 5 6 7 8 9	10
7. School	1	2 3 4 5 6 7 8 9	10
8. Social activities	1	2 3 4 5 6 7 8 9	10
9. Recreational activities	1	2 3 4 5 6 7 8 9	10
10. Personal habits (e.g. getting up in the morning, Being on time, finishing tasks)	1	2 3 4 5 6 7 8 9	10
11. Legal issues	1	2 3 4 5 6 7 8 9	10
12. Money management	1	2 3 4 5 6 7 8 9	10
13. Emotional life (feelings)	1	2 3 4 5 6 7 8 9	10
14. Communication	1	2 3 4 5 6 7 8 9	10
15. General happiness	1	2 3 4 5 6 7 8 9	10
16. Other	1	2 3 4 5 6 7 8 9	10