**Satisfaction with Life Scale (SWLS)**

Adapted from Diener E et al. The Satisfaction With Life Scale, J Personality Assessment, 49(1), 71-75, 1985; Table 1. Used with permission from Taylor & Francis.

Satisfaction with Life Scale Worksheet:

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

Directions:

*Below are five statements with which you may agree or disagree.*

*Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number in the line preceding that item. Please be open and honest in your responding.*

1 = Strongly Disagree

2 = Disagree

3 = Slightly Disagree

4 = Neither Agree or Disagree

5 = Slightly Agree

6 = Agree

7 = Strongly Agree

1. In most ways my life is close to my ideal. \_\_\_\_\_\_

2. The conditions of my life are excellent. \_\_\_\_\_\_

3. I am satisfied with life. \_\_\_\_\_\_

4. So far I have gotten the important things I want in life. \_\_\_\_\_\_

5. If I could live my life over, I would change almost nothing. \_\_\_\_\_\_

 **Total Score**