

**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.*

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|--|
| 1 = Strongly Disagree<br>2 = Disagree<br>3 = Slightly Disagree<br>4 = Neither Agree or Disagree<br>5 = Slightly Agree<br>6 = Agree<br>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. \_\_\_\_\_

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**Total Score**